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THURSDAY, OCTOBER 25, 2018

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NEW TV SERIES ON MATERNITY UNIT

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THREE ARRESTS AFTER MOPED RIDER INJURED

PAGE 10



Mistakes cost our daughter her life

MURDER
VICTIM'S
PARENTS
SPEAK OUT:
PAGES 4&5



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MAY BOOST PROPERTY
PRICES: PAGE 6**



PICK UP POINTS

- **Harvey Centre, Harlow** (management suite)
- **Mulberry Green Estate, Station Road, Old Harlow**
- **Genesis, 3 High Street, Old Harlow**
- **Kings, Unit 4, Church Langley Way, Harlow**
- **Kings, 19 East Gate, Harlow**
- **Geoffrey Matthews, 47 High Street, Old Harlow**
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Jess Gillam appears at Saffron Hall
KAUPO KIKKAS

What's ON

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THIS WEEK

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MORE

PRICE IS RIGHT

BLACK WAX PRESENTS THE LEN PRICE 3: The Herald, Broadley Road, Harlow, Friday, October 26, 8pm

■ Following a storming set at Phoenix Live back in July, Black Wax is proud to be bringing The Len Price 3 back to Harlow.

It might be closer to Halloween, but it feels like Christmas has come early. This will be a night of rock and roll, garage, punk, rhythm and blues and soul in this warm-up show for their appearance at the Shiiine On Weekend. Free entry.

No need to book tickets. For more details visit: www.musicglue.com

allowing you to relax and switch off your thoughts as you will be guided through some relaxation techniques, meditations and exercises for developing intuition and connecting with your higher self, to bring peace and inner calm, along with countless other benefits associated with meditation and relaxation.

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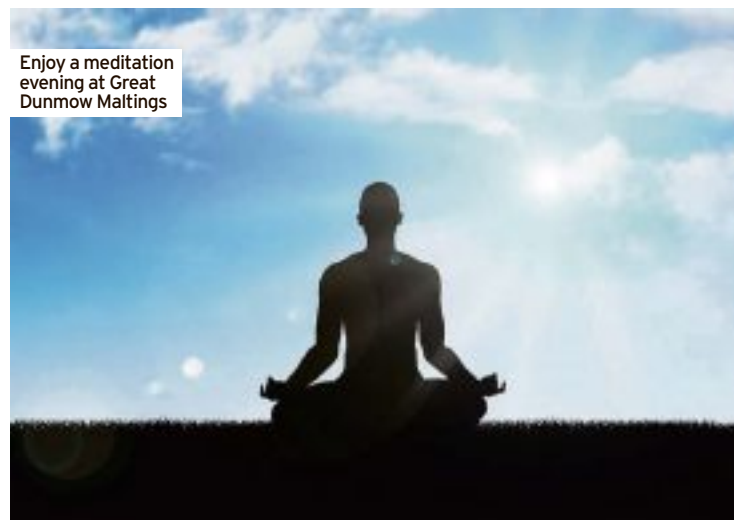
Payment required to secure a place, Ticket: £8.50. For payment details and further information visit: www.facebook.com/events/746520075708261/

READY TO RELAX?

MEDITATION EVENING: Great Dunmow Maltings, Mill Lane, Great Dunmow, Monday, October 29, 7.30pm

■ An evening of relaxation and meditation,

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■ Spooky times ahead as Harlow Rugby Club brings you a night of spookiness.

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Free to all members. £5 on the door for non members. For more details visit: www.facebook.com/events/292959314874584/

SAY YES TO THE JESS

JESS GILLAM: Saffron Hall, Audley End Road, Saffron Walden, Sunday, October 28, 3-4pm

■ When the 17-year old Jess Gillam became the first saxophonist ever to win the Woodwind Final of BBC Young Musician in 2016, it was blindingly obvious that she had star quality.

Her Saffron Hall debut is a showcase for a young artist who transcends genres; as The Times put it, prepare yourself for "hotlicks, lustrious tone and winning passion".

Tickets £10. For more details visit: www.saffronhall.com

MUSIC TO YOUR EARS

EXTRACTS FROM HANDEL'S RADAMISTO: Auley End House and Gardens, Off London Road, Saffron Walden, Saturday, October 27, 3-4.30pm

■ Ahead of English Touring Opera's performance of Handel's Radamisto at Saffron Hall, Soprano Paula Sides, accompanied by lutenist Toby Carr and harpist Aileen Henry, perform songs and arias from the 17th and 18th centuries in the magnificent surrounds of the Great Hall.

The recital is free to visitors of Audley End House. For more details. Tickets £18.10. visit: www.english-heritage.org.uk

New series to focus on maternity department at hospital

SIX PART SHOW WILL COVER THE WORKING DAY OF BUSY UNIT

By **CHARLOTTE PAGE**

charlotte.page@reachplc.com
@journopage

THE busy maternity unit at Harlow's Princess Alexandra Hospital will feature on our TV screens as part of a new documentary.

The new six-part series Emma Willis: Delivering Babies will see the Big Brother and The Voice UK presenter join the maternity unit at PAH Trust to train as a maternity care assistant.

Individuals in the position support midwives in various assistant roles, enabling them to give one to one care to women and families delivering their babies.

Over a ten week period, Emma worked the regular 13 hour shifts for three to four days a week alongside midwives and other staff at the unit.

The mum-of-three learned and carried out all the functions of a maternity care assistant, including taking blood pressure, blood samples, newborn baby checks and observing a number of births.

Nursing holds a special place in Emma's heart with both her parents having worked in hospitals.

Emma said: 'I've always wanted to deliver babies and to work in a hospital.'

"My mum did it. She worked on a labour ward for 15 years and then she worked in a theatre.

"I've grown up around hospitals. I can't train as a midwife as I'd have to go to university so this was the next best thing."

Speaking before filming began, Emma said she couldn't wait to immerse herself in the role and had she not been in the career she is now, she would have

likely worked at a hospital.

She continued: "If I wasn't doing my current job I know for a fact that I would have loved to work in a hospital.

"Blood, guts and the workings of the human body have always fascinated me.

"Both my parents worked in hospitals and so it's literally in my blood.

"I can't wait to dive right in and fully immerse myself in a busy maternity ward alongside the truly incredible midwives and nurses who work there day in day out."

Princess Alexandra Hospital Trust (PAHT) said it was delighted to be chosen to host the series by production company Firecracker Films.

The maternity department was rated as 'outstanding' by CQC inspectors in 2016 for its dedicated, compassionate and caring staff who go beyond the call of duty to deliver the best experience possible for women.

Andrea Philip, associate director of oper-

ations for families and women's health at PAH, said: "Emma really embraced the role, and just became part of the team very quickly.

"She did really well in the short time to adopt to this important supportive role.

"We deliver more than 4,000 babies a year and our families come from across Essex and Hertfordshire, so this was a great insight for Emma and will really show the audience the wonder and joy to the start of parenthood experienced here at PAHT."

Chief executive, Lance McCarthy, added: "This is a wonderful series, showing amongst many things, just how amazing, caring, dedicated and respectful all of our colleagues who work in the maternity department are.

"Thank you to everyone who welcomed Emma and the crews in with open arms.

"Our staff should be enormously proud of the work they do which was so abundantly clear in this documentary."

The series is airing on W on Monday's at 10pm with the first on Monday, October 22.

The channel is available on Sky 109, 109; Virgin 125; BT 311: TalkTalk 311.

For more information visit uktv.co.uk/shows/emma-willis-delivering-babies/

Princess Alexandra Hospital in Harlow are delighted to be chosen to star in the documentary



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News

Parents will fight to keep memory of Eystna alive

COUPLE BELIEVE CHANCES TO STOP KILLING WERE MISSED

By LIZ DUNPHY AND ALASDAIR HOOPER

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adjhooper1992

A MURDER victim's parents have spoken out for the first time about fighting for justice for their daughter and unborn child.

Eystna Blunnie, 20, was kicked to death by her partner just two days before her baby was due.

Her parents Kevin and Sue told Mirror Online her murderer was free to kill because of errors made by police and prosecutors.

Their lives were devastated when Eystna's controlling ex-fiance lured her to her death.

Tony McLernon, 24, tricked

Eystna into meeting him with a text saying: "I've got a surprise for you."

He killed her and their unborn baby by kicking and stamping on them viciously in the street.

Nearby residents heard her screams during the brutal attack.

Kevin, 59, went out searching for missing Eystna the next morning and stumbled across the police crime scene.

Now the couple have told how they think police and the Crown Prosecution Service failed to do more to prevent Eystna's murder in 2012.

They said: "Their mistakes cost our daughter her life."

And they are backing a campaign led by The Sunday People to protect people from stalkers and violent partners such as McLernon.

"If he had been charged, we would have been more aware. It wouldn't have happened."

Susan Blunnie

Susan and Kevin Blunnie whose daughter Eystna and her unborn baby Rose were murdered



Two months before her death Eystna went to a police station in Harlow, clearly bruised from an assault.

McLernon did not think their unborn child was his and had said: "I'm going to stab her. I'm going to kill her."

He had warned her: "You won't see the birth."

Essex police arrested him but

were apparently advised to let him go because of insufficient evidence.

Police assessed Eystna as at "medium risk" of domestic violence and a note on her file stated: "He has the potential to seriously harm Eystna. However, they are not living together."

At Eystna's inquest, former chief crown prosecutor for the east of England, Grace Ononiwu, said a

lawyer had been wrong not to charge McLernon with assault.

Det Chief Insp Martin Passmore, who led the murder inquiry, said his force was aware of McLernon's record of domestic violence with previous partners.

Sue, 56, said: "If he had been charged, we would have been more aware. It wouldn't have happened. There's no 'probably' about it."

Kevin still recalls telling the heart-breaking news of their daughter's death to Sue and how their world changed.

He said: "I just looked at her and said, 'I'm so sorry.'"

"The sound of that scream will never go away."

Eystna was so badly beaten that a lorry driver who spotted "a bundle in the middle of the road" thought she must have been hit by a vehicle.

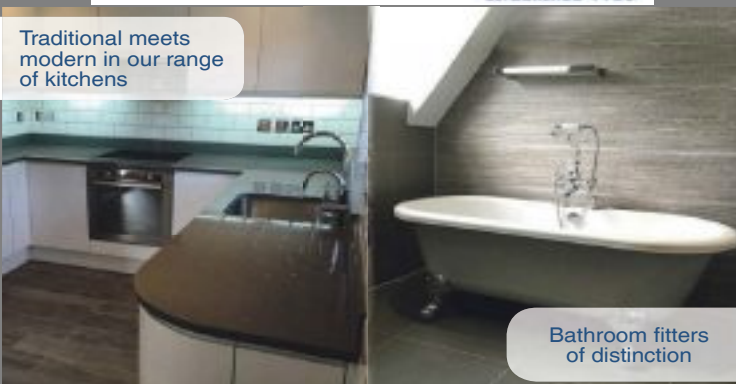
Sue said animal-lover Eystna had been lured to her death by the "surprise" of McLernon seeing his family's dog.

They first met in April 2011, were engaged three months later and Eystna was pregnant that October.

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She left home but when Kevin and Sue tracked her down six months later they were shocked.

Their previously bright and bubbly daughter was now skinny and nervous, wearing dirty clothes and had sores on her face.

Sue said violent and coercive McLernon cut her off from friends and family.

He banned her from having a bath or flushing the toilet at night and made her pay her benefits into his account.

Sue first knew McLernon

was beating her daughter when she spotted a massive bruise on her left arm. Ashamed, Eystna told her she had got it in a play-fight.

Kevin and Sue called their dead granddaughter Rose, from Eystna's list of names and took photos and handprints and footprints.

Sue said: "Rose was like a little doll - perfect like her mum."

Eystna and her baby also had separate coffins, showing the world what McLernon

non had done.

"The Blunnies' campaigning has led to police using more body cameras to probe domestic abuse.

Officers are specially trained to identify incidences and protect victims.

A unit called The Daisy Project in Harlow teaches hospital staff to identify domestic abuse concerns with patients.

Harlow Council set up a project, inspired by Eystna and Rose, leaving business cards with domestic abuse helpline numbers around the area.

After the inquest, Essex police said: "We will review the inquest evidence to see if it can further inform how we deal with domestic abuse."

Kevin said: "Campaigning gives us a purpose, to hopefully help even one person and to not let Eystna and Rose be forgotten."

McLernon tricked Eystna into meeting him and then he murdered her and her unborn daughter

Cold-hearted killer

IN 2013 a Chelmsford Crown Court jury took 45 minutes to convict Tony McLernon of murder and child destruction.

McLernon, claimed other men

had murdered her but he called a pal on Eystna's phone and said: "I think I've killed her."

He was jailed for life and has to serve at least 27 years.

Tony McLernon



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News

The B183 Sheering Road in Harlow



Council says M11 link may boost value of property

By PIERS MEYLER

Local democracy reporter
piers.meyler@reachplc.com
@meyler123

ESSEX County Council has refused to accept that a property claimed to be worth nearly £900,000 has been wrecked by the new M11 junction and link road in Harlow.

But far from saying it would put potential buyers off 120 Sheering Road, Essex County Council has said that having cars travelling along a three lane highway less than ten metres from their window "might be a positive effect on the value of the property as the marketability will be enhanced through access to the new link road and the M11".

The family says plans for new link road - due to be completed by 2021 - has significantly reduced the saleability of the large five bedroom house that will be one of the worst affected by Essex County Council's plans to improve journey times off the motorway.

ECC adds that "no part" of the land is directly affected by the route, nor is there any intention that any of the claimant's land will be required.

However, correspondence from H&B Partnership Limited, which is selling the house, has told the owners: "It would be irresponsible of me, as an experienced (locally based) estate agent not to point out the pending Junction 7a off the M11 motorway and widening and improving of the support service road having a direct impact on your property."

"From the plans currently available, the widening of the B183 either runs up to or touches part of your western boundary which will cause consternation to the majority of interested buyers."

"Not knowing the full impact this scheme will have to the neighbourhood and most importantly, your home, is a major issue."

"Until the scheme is finished, it will be impossible to know or predict. I would suggest, the property may be seriously affected and considered 'blighted'."

"But until marketing has been carried out for a reasonable period and (possibly) the completion of the road system, it is difficult to judge on saleability or at being able to achieve its true

market value."

In contrast ECC says that significant new development within the surrounding area has been proposed within the Harlow District Council Local Plan proposals and could impact on the saleability of the property and "the property is on the market at an inflated value".

The statement concludes: "The scheme has been designed in a way to ensure access to the property would be maintained to the highway network as currently exists."

"There might be a positive effect on the value of the property as the marketability will be enhanced through access to the new link road and the M11."

The road has been designed so that two lanes would take traffic in a westerly direction into Harlow Town and the third lane would take the outbound traffic onto the M11 motorway.

A roundabout, known as the Churchgate Roundabout, would have a "hamburger" configuration, allowing traffic to flow through the centre of the roundabout in an east-west direction.

A new 2.5m wide footpath/cycleway would run from London Road to Sheering Road at The Campions.

At Mayfield Farm, the proposed widened carriageway would begin to veer to the right from its present route.

Here a new carriageway would be built linking the existing Sheering Road with a new roundabout known as the Campions Roundabout.

It is at this point that the road runs close to the property - a late 19th century semi detached house.

Existing properties opposite will be set some way away from the new road and accessed via the existing Sheering Road that will become essentially a road for the use of the residents of the Campions to get to their properties.

The road has been designed so that two lanes would take traffic in a westerly direction into Harlow Town and the third lane would take the outbound traffic onto the M11 motorway.

Exiting the new Campions Roundabout, heading towards the new M11 junction, the road would connect to another new roundabout known as Pincey Brook Roundabout.

ECC said the claimant can refer the matter to the Upper Chamber (Lands Chamber) "to which ECC would need to respond unless it proposes to change its position at that time".

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News

Three arrested after van hits a moped rider

TEENAGERS RELEASED ON BAIL

By RICHARD BROWN

richard.brown@reachplc.com
[@richardbrownec](https://twitter.com/richardbrownec)

THREE teenagers have been arrested after a van hit a moped rider in Harlow, leaving him with a serious head injury.

A man in his 20s had been in collision with a white Citroen van in School Lane at the junction with First Avenue at 7.25pm on Wednesday, October 10.

He was taken to hospital where he was treated for a fractured skull.

Three teenagers were arrested on Thursday, October 18.

A 15-year-old boy was arrested on suspicion of attempted murder, ABH, criminal damage, theft of a motor vehicle and theft from a motor vehicle.

Another 15-year-old boy was arrested



A single police car guarded one end of the cordon

on suspicion of attempted murder, ABH, theft of a motor vehicle and theft from a motor vehicle.

A 16-year-old boy was arrested on suspicion of ABH, criminal damage and theft from a motor vehicle.

All three have been released on bail until November 8.

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Sunday 4 November 2018

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**Bonfire 6.45pm
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News

Harlow has 'significant problem' with families being moved out of London

ESSEX County Council has said it is facing a significant problem of families being moved by London boroughs into the county - though it has no proof of families being shipped out after being ruled

"intentionally homeless".

Leader David Finch said he is reluctant to "name and shame" boroughs in London that are moving families into Essex.

He said: "We can certainly confirm

that individual families are being moved out of London into Essex - both into Tendring and Harlow.

"I do not know if they are being ruled as intentionally homeless.

Certainly families who are in

difficulties are being moved out.

"Certainly any authority or London borough should have given us a section 208 notice but that is not the case."

He added: "There will be an impact

on ECC and other authorities including the police.

Ray Gooding, cabinet member for Education and Skills added: "This is a significant problem. There is an issue in Tendring and particularly Harlow."

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SIXTH FORM OPEN EVENING

Wednesday 14th November

6.00pm - 9.00pm

Presentations at 6.15pm, 7.00pm and 7.45pm



- Ofsted March 2017 - Outstanding in every category
- Superb teaching and outstanding extra-curricular provision
- Wide-ranging leadership opportunities
- Extensive Post-18, Oxbridge and Medicine support
- Diverse 360-strong mixed Sixth Form

Due to the popularity of the school, parking on the school grounds may be limited. Those attending the later presentations are encouraged to arrive earlier and visit departments beforehand

New prospectus for 2019 entry and on-line application system available at www.tbshs.org from 14th November

Dealer was found with cocaine and heroin

SEVEN YEARS IN PRISON FOR 40-YEAR-OLD AFTER SEARCH

By **SIMON MURFITT**

simon.murfit@reachplc.com
[@simonmurfit1](https://twitter.com/simonmurfit1)

A DRUG dealer found with crack cocaine and heroin in Harlow has been jailed for seven years.

Chelmsford Crown Court heard how officers from Essex Police's West Operation Raptor team were patrolling in Harlow on September 20 this year when they came across 40-year-old Shafique Khan.

Khan of Terminus Street, Harlow, was seen acting suspiciously next to a car and two men were seen walking away from him.

When officers searched Khan, the vehicle and the area around it, they found wraps of Class A drugs concealed in a black napkin underneath the car.

Khan was arrested and officers carried out a further search of a property he was linked to in Northbrooks, where they found more than £3,000 in cash and drug dealing paraphernalia, including digital scales.

Khan was arrested, charged and pleaded guilty to two counts of possessing a Class A drug with intent to supply and acquiring criminal property.

He admitted the charges when he appeared at Chelmsford Crown Court and was jailed for seven years.

Following the sentencing Sgt James Paget, of the West Operation Raptor team, said: "Khan tried to refute that the drugs found underneath the car were his, yet identical napkins were found inside the vehicle.

"Drug dealers may think they are free to peddle their wares on our streets, but they are wrong.

"Operation Raptor will always be one



Shafique Khan was jailed for seven years for drug dealing in Harlow

step behind them, we will arrest you and we will make sure you end up behind bars."

Essex Police set up Operation Raptor teams in the North, South and West of the county to tackle drug and gang-related crime.

If you have information about drug or gang-related crime in your community call Essex Police on 101 or Crimestoppers anonymously on 0800 555 111.

Khan was sentenced at Chelmsford Crown Court on Friday, October 19.

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New Beginnings at Herts & Essex

CHANGE is in the air at Herts & Essex! Sixth Formers at the school now have a brand new home. The much awaited Sixth Form Centre opened its doors on 15 October revealing a fantastic new state-of-the-art building. The transformation of the old school gym into the Sixth Form Centre has been watched over the last few months by the whole school

and it is difficult now to believe it was anything other than a purpose-built Sixth Form building!

Students in Years 12 and 13 are enjoying their own dedicated space on the Warwick Road site, something that has been much needed especially as the popularity of the Herts & Essex Sixth Form has seen a significant increase in

numbers in recent years. In addition to the communal area, the accommodation includes a quiet study zone, a café area, library facilities and 'superloos'. It has been a long-awaited project and one that has generated much excitement. With the former Sixth Form spaces having been converted into a fantastic new Drama studio as well as several classrooms, the creation of the Sixth Form Centre is the beginning of something that will be beneficial to the school as a whole.

Described as 'brilliant and modern', 'fantastic' and 'a great space', students are extremely pleased with the new centre. The staff are equally thrilled. Mrs Caroline Lewis, Director of Sixth Form, commented, "Our new home is fantastic! This dedicated area offers a university-style space for students helping them to make an effective transition to independent learning."



She added, "in addition to the high number of computers now available for study, we are looking forward to the flexibility within our new centre to host events, such as those preparing for university and apprenticeship interviews."

The Sixth Form Centre will be on display for the first time to the public at the forthcoming Sixth Form Open Evening which takes place on Wednesday 7 November. Doors open at 6.00 pm with the evening finishing at 8.30 pm.

Prospective Sixth Form students and their parents are warmly invited to Herts & Essex to meet staff and existing Sixth Formers. For further information please see the school website at www.hertsandessex.herts.sch.uk or call the school on 01279 654127.



The Hertfordshire & Essex High School Sixth Form Open Evening



Wednesday 7 November 2018

6.00 - 8.30 pm

Excellence for All:

- In 2018 Year 13 students gained 70% of all grades at A* - B
- 64% of students progress to Russell Group and other prestigious universities and apprenticeships

"An outstanding school with an outstanding Sixth Form" Ofsted

**SEE OUR NEW
SIXTH FORM CENTRE!**



News

Labour councillor resigns

By **CHARLOTTE PAGE**charlotte.page@reachplc.com
@journopage

ANOTHER Harlow Labour councillor has resigned after claiming there has been an “uncomfortable” atmosphere in the party for some time.

Councillor Karen Clempner left her role with immediate effect on Friday, October 19, and is the latest councillor to hand in her resignation following the likes of Ian Beckett and Waida Forman.

As well as being councillor for the Toddbrook ward for the past four years, she chaired the audit committee providing scrutiny of the council's finances.

A statement issued by Karen Clempner said: “For some time the atmosphere within the Labour group of councillors and within Harlow Labour Party has been uncomfortable.

“Senior councillors and others within Harlow Labour Party seem more interested in their own personal career, removing other hard working and dedicated councillors,

or keeping their head down so they don't come to the attention of those really pulling the strings of the party in the background.

“The deselection of Ian Beckett, one of the hardest working councillors I have had the pleasure to know, seemed designed to be a warning to others - toe the line or get removed.

“While it didn't prevent the resignation of Waida Forman, it seems to be working with those wanting to protect their position, or the promise of a position in the future.”

Mrs Clempner said she had intended to continue serving as a councillor and chairing the audit committee until the end of May, but recent discussions made her question if she wanted to continue.

“Recent email exchanges with a Labour Cabinet member has made me question if I could carry on as a Labour councillor,” she added.

“I could, of course, have simply resigned from the Labour group, but remained as an independent coun-

cillor until May, but this would not have been the right thing to do, so I have resigned as a councillor immediately. It has been an honour to represent the residents of Toddbrook over the past four years.

“I would like to thank the hard-working staff of Harlow Council who have provided me with fantastic support as a councillor and in my role as chair of the Audit Committee.

“I know that, despite the Labour administration being in turmoil, they will continue to work for the best interests of Harlow.”

A notice of vacancy for councillor for the Toddbrook Ward has been published on Harlow Council's website.

Harlow Council's managing director, Brian Keane, said: “Councillor Karen Clempner has informed me today that she has resigned as a councillor with immediate effect.

“I would like to thank Karen for her service to both this council and to Harlow.”

'UNCOMFORTABLE' ATMOSPHERE

Councillor
Karen
Clempner

OH HOW **VERY**
CREEPY!

**HALLOWEEN
PIRATE EVENT**
SATURDAY 27TH OCTOBER
11AM – 4PM



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more than
shopping





A Week on the Algarve

8 days from £729

Flying from a wide selection of UK airports
Departs Nov 11 2018 & selected dates Feb to May & Sep to Nov 2019

On this relaxing week in an excellent hotel amid the beauty of the Algarve you will discover not just the spectacular coastline at Cape St Vincent and beautiful Lagos in the rugged west, but also the unspoilt countryside of the hinterland, with historic sites such as Silves, the former Moorish capital. Your resort, Armação de Pêra, boasts one of the most beautiful beaches in the Algarve, with pretty coves and a panorama of brightly coloured fishing boats.

Tour highlights

- ✓ Return flights from a wide selection of UK airports
- ✓ 7 nights HB accommodation in the 4* Holiday Inn on the beach at Armação de Pêra
- ✓ 3 included guided excursions visiting Portimao, Silves, Cape St Vincent and Lagos
- ✓ Services of a tour representative



Montserrat, Roman Tarragona & Gaudi's Reus

8 days from £659 Flying direct from a wide selection of UK airports Departs Mar 13, Apr 4, May 8, Sep 19 & Oct 3 2019

A week in a four-star hotel on the Catalan coast, with three varied and interesting excursions. Catalonia has an incredibly rich variety of landscapes. As well as sandy beaches, such as the wide, sandy one in front of your hotel, there are mountains, vineyards, rivers and picturesque villages all waiting to be discovered.

Tour highlights

- ✓ Return direct flights from a wide selection of UK airports
- ✓ 7 nights HB on the Catalan coast, wine included with dinner
- ✓ Excursions to Montserrat and Sitges; Roman Tarragona & Reus; entrance to the Gaudi Centre in Reus, the Esplugu wine cellar and Santes Creus Monastery; excursion into the Alt Camp Countryside
- ✓ Services of a tour representative

Isla Canela, Rio Tinto & the Guadiana River

8 days from £749 Flying from a wide selection of UK airports Departs Apr 30, May 9, 16, Sep 12, 19 & 26 2019

This holiday has the perfect balance of relaxation beside the dunes along Spain's Atlantic coast and on the banks of the Guadiana river and scenic sightseeing jam-packed with historical and cultural interest. You will visit the beautiful coastline of the Donana Natural Park, enjoy the Columbus sites and the scenery of the British Rio Tinto mines and have a day on a boat sailing up the River Guadiana.

Tour highlights

- ✓ Return flights from a wide selection of UK airports
- ✓ 7 nights HB in a 4* hotel on Isla Canela
- ✓ One included spa entrance, full day excursions to the Rio Tinto mines with train ride and to the Columbus sites and El Rocio, boat cruise on the Guadiana River
- ✓ Services of a tour representative



Walking in Cyprus

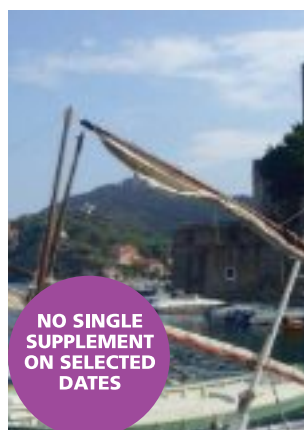
8 days from £799

Flying from a wide selection of UK airports
Departs Nov 21 2018, Feb 20 & Nov 20 2019

Our holiday base is Paphos, Cyprus's former capital, with an archaeological legacy that has led to the town being placed on UNESCO's World Heritage List. Apart from its history, our interest in Cyprus stems from its beautiful lush green countryside, dramatic mountain ranges, sandy beaches and excellent weather all year round.

Tour highlights

- ✓ Return flights from a wide selection of UK airports
- ✓ 7 nights 4* HB accommodation
- ✓ 3 fully guided walks including the Akamas Peninsula
- ✓ Option to extend your holiday
- ✓ Services of a tour representative



Walking in the Valleys of Roussillon

8 days from £719

Flying from a wide selection of UK airports
Departs Apr 4, Jun 6, Sep 12 & Oct 3 2019

Your holiday includes a stay in both French and Spanish Catalonia and also includes a visit to Dali's eccentric theatre-museum in Figueras and some time in the wonderful city of Barcelona. In short, this is a unique opportunity to walk in, and discover one of the most fascinating parts of Europe.

Tour highlights

- ✓ Return flights from a wide selection of UK airports
- ✓ 7 nights HB accommodation at 3* hotels (4 in France & 3 in Spain)
- ✓ 3 fully guided walks, entrance to the Dali Museum, orientation tour of Barcelona
- ✓ Services of a tour representative



YOUR VIEWS

GET IN TOUCH

■ **EMAIL:** community@hertsessexnews.co.uk
 ■ **TWITTER:** @Harlowstar
 ■ **FACEBOOK:** /HarlowStar

LETTERS

We are here to offer advice to town residents

I WAS delighted to see the article on page 18 of the Star informing Harlow residents about the additional services Harlow Advice Centre is able to offer following the award of a Legal Aid contract and Big Issue Investment. The full time Housing Solicitor employed under the Legal Aid contract started last month. This complements the specialist level benefits and debt advice the service provides funded by the Big Lottery Fund.

Your readers may have been confused by the picture the Star placed next to the article. Sadly the purpose built Advice Centre pictured has been empty for almost five years following Harlow Council's decision to terminate its contract with Harlow Welfare Rights & Advice (HWRA) and lock the staff out of the building. Some of your readers may remember the extensive coverage of this in the Star, including the decision of the Information Commissioner to force Harlow Council to release the full cost of the decision. The cost was over £600,000 - to recover £125,000 which HWRA had offered to make an immediate payment of £60,000 towards, with the rest by instalment over a relatively short period.

Fortunately a new advice charity - Harlow Advice Centre - was set up in November 2013. The Centre is based on the 1st Floor of Harlow Library in the town centre. Five of the six members of staff employed by Harlow Advice Centre were previously employed by HWRA. We will continue to help as many people as possible with the available resources. The service can be contacted via email on admin@harlowac.org.uk or telephone on 01279 704002.

Sue Jones
Harlow Advice Centre

Collaboration of policing services

I READ with interest your article regarding the so called collaboration of policing services between seven "local" forces. The reason apparently is to save jobs and indeed increase the Essex force by 150 officers. I nearly smiled at that nonsense because the service has already lost jobs and it can be safely agreed that none of those "extra" officers will see a day in Harlow despite the service already police officers short of providing a viable service to local residents: while local policing is non-existent.



A mole popping out of its mound captured by Chris Chapkins from Harlow

PHOTO OF THE WEEK

In short the residents will pay even more this year for fewer policing services in their communities.

Gary Roberts
Harlow

National home security month

OCTOBER is National Home Security Month and with the clocks going back on October 28, now is the ideal time to make sure your home is safe and secure.

NHBC, the UK's leading warranty provider for new homes, is offering all home owners some advice on how to secure your property this autumn:

Lights on: As the afternoons are getting dark and the absence of lights on in the home can alert burglars to an empty property, consider using a timer or a

smartphone-controlled device to turn your lights on when the sun is starting to set.

Also leaving the lights on when you go out in the evening (not just the hall or landing lights), coupled with keeping the radio on, will create the illusion that someone is home.

Lock doors and windows: Doors are the entry point in 70% of burglaries. New homes come with enhanced security features as standard - including robust window and door locks - but whatever the age of your home, make sure you lock doors and windows when leaving the house or going to bed. Don't forget to check your sliding back doors either.

These should be secured by a multi-point locking system and have an anti-lift device fitted so that doors cannot be lifted from their frame from the outside.

Alarms: Install an alarm as a visual deterrent. An alarm on its own will not prevent entry to your home but will deter opportunist burglars as it's likely to be part of a suite of security measures.

Hide keys: Keep all of your keys, including car keys, away from the front door and out of sight. It's

common for keys to be stolen using a device to hook them through your letter box. If you need to leave a spare key out for those forgetful family members, think about getting a secure lock box mounted to a wall rather than leaving them under the flower pot!

“

Leaving the lights on when you go out in the evening will create the illusion that someone is home.

Lisa Brooks

Secure outside: You've now made sure your home is as secure as possible, but don't forget to check outside too.

Keep sheds, garages and gates locked, repair broken fences and cut back overgrown hedges. Consider installing a security light that switches on after dark when someone is nearby; it's

highly effective in deterring potential intruders.

And finally: Be secure, but also be safe. Some doors can be locked from the inside.

If that's the case with yours, and it's locked using a key, make sure you have a spare key in a convenient place nearby, so that you can get out quickly in an emergency.

Newer houses are fitted with locks on the front door which have a thumb turn on the inside to provide a quick escape without the use of a key.

Lisa Brooks
Via email

WEBCHAT

■ New high street chain where everything costs £5

How about attracting some decent shops to open in Harlow Town centre rather than coffee shops, bookmakers, charity shops or this type of bargain basement shop? It may attract more people to come and spend money here.

Danny Ede

That makes sense why everything in Pound World starting being over a pound before it went bust prefer B & M and Home Bargains anyway.

Sarah Sutton

How about a haberdashery. I needed some material and had to go to Epping.

Shirley McNally

Next it will be a £10 world lol think I'll stick to B & M price can be 4.99.

Kelly East Enders

■ Man couldn't eat at Towie star's restaurant as his £300 shoes weren't posh enough

We live near this "Not in Marbella"

What you've been talking about on Facebook this week

restaurant. We've been a couple of times. It's overpriced Chiriguato food is no better than anywhere else in Costa del Sol. Very soon they will be begging people to come. The restaurants in the nearby square are much nicer.

John Storey

■ Charity issues warning to dog owners over 'poisonous' and potentially deadly conkers

That's why I tell the boys not to bring them in the house x

Danielle Kerry

OUR POLICY

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words.

We reserve the right to edit material. ■ Send your pictures in JPEG format marked "Your View" to community@hertsessexnews.co.uk. Please add your name, address and daytime telephone number, where you took the photo and, if possible, a picture of yourself. We reserve the right to reuse pictures at our discretion.

TALKING POINT

What can we do to make child poverty history?



Many young people are living in poverty in the UK
JEFF J MITCHELL

THE BIG QUESTION

What can be done to decrease the percentage of children in poverty in our area?

ABOUR: Frances Mason

THE Tory Government's programme of austerity, benefit cuts and sanctions have all had a direct effect on children in poverty in Harlow.

Official figures from End Child Poverty project the number of children in relative poverty will have risen from 3.6m to 4.3m by 2021 – a direct result of tax and benefit decisions since 2010.

Locally, it was reported in December 2015 that Harlow had 24.5% of children in poverty (after housing costs) that's six-plus children in each primary school class.

Harlow Foodbank plays a critical role to combat hidden hunger. 56% of Referrals in 2017-18 were due to either benefit delays/changes or low income.

The issue of 'holiday hunger' in the absence of free school meals for children on low incomes may be a contributory factor with 144 children assisted by Harlow Foodbank in August 2018. Sadly, with high numbers of children in Harlow suffering neglect, the figures are likely to be much higher.

The Tory government needs to be



held accountable for their treatment of children, particularly the closure of Sure Start Centres.

The Guardian reported on 07/12/2017 two damning judgments of the Government's treatment of disadvantaged children.

Firstly, the entire social mobility team's resignation and secondly the publication of Joseph Rowntree Foundation's research finding "almost 400,000 more children have been plunged into poverty in the past four years".

Theresa May and predecessors

have overseen the "first sustained increases in child poverty in this country for 20 years".

It is no wonder the Tory government refuse to set a target to reduce child poverty whilst Angela Rayner, the Shadow Education Secretary, states Labour would revert £500 million of cuts to children's centres if elected which would ensure early intervention for children in poverty.

Harlow will only see a decrease in child poverty when the current Tory Government are removed from office.

UKIP: Peter Day

MUCH more money needs to be spent on this problem in all parts of the country.

Children in poverty, people on the streets (including ex-servicemen) and social care for the elderly are three areas that I think are equally important to deal with.

Much of the problems associated with this are due to lack of money and investment into the causes and help needed.

I have one very simple and completely effective answer to this – stop all current foreign aid.

Create a new International aid budget that is only called upon when there is a dramatic event such as earthquake, storm or similar devastating event.

Then the surplus of our current foreign aid budget should be used here in the UK to sort out the social care needed for children, homeless and elderly.

No ifs or buts – There can be



no excuse for children in poverty or lack of social care but still it goes on and on.

However, it's simple, when we look at the vast amount of money we waste every month on foreign aid, to see that we should stop it now and use the money at home where it's needed most.

Our children are our future and ex-servicemen and elderly deserve our gratitude and thanks. Will the three main parties ever agree to that? I very much doubt it.

WHAT QUESTIONS DO YOU WANT ANSWERED?

Every week we put your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda

email
your
questions to
community
@hertsessex
news.co.uk

YOUR CHARITY NEWS

Planning for future transformation of local healthcare

AMBITIOUS plans to transform healthcare and progress towards a new hospital for the people of Harlow, west Essex and east Hertfordshire, were the central theme of the Annual General Meeting of the Princess Alexandra Hospital Trust (PAHT) held on Tuesday, September 25.

It was an opportunity for patients, staff and the public to hear about big achievements and improvements in services over the past year, as well as exciting prospects for the Trust's future.

Key headlines included priority areas such as initiatives in meeting the needs of an ageing population and advancing the Trust's business case for a new hospital.

Looking back over the

year 2017-18, Chief Executive Lance McCarthy highlighted the significant improvement in the CQC ratings for services, coming out of special measures and with 65 per cent of the Trust's scorecard now rated as good or outstanding.

The clinical quality improvements reflect the investment which has been made in infrastructure and improved services, access and patient experience.

The Trust has improved its underlying financial position by £9 mil-

WAYS TO PROVIDE SERVICES FOR REGION DISCUSSED AT ANNUAL MEETING OF THE AREA'S HOSPITAL TRUST

lion across the last two financial years; this has supported and enabled over £11m of capital investment in its estate, facilities, technology and clinical equipment.

The Trust is now actively preparing its medium term plans to drive continued financial improvement and to further its case for new hospital facilities.

Leading the Trust's plans for a new hospital, Director of Strategy, Michael Meredith, outlined the vision for improving services to cater for changing needs into the next millennium.

The Trust is vigorously pursuing its aspiration for a cutting edge, state of the art facility. At the same time it is modernising its current clinical provision and developing collaborative work with community and the third sector, to continue to improve services while the business case for the new hospital is going forward.

Turning to the complex needs of an ageing population, frailty lead practitioner Janice Bernardo high-

lighted the Trust's Fit for Frailty project.

Older people with complex care needs in West Essex will increase from 15,000 in 2010 to 23,000 in 2030; the frailty team has introduced a rapid access frailty clinic to allow patients at risk to bypass A&E and see frailty specialists. This allows earlier decision making and avoids admission.

There was also an opportunity to view a special display of some of the Trust's innovative quality improvement and research and development projects.

As part of the event the Trust was able to showcase an astounding range of work it has undertaken during the year.

Marking the NHS's 70th birthday, it featured 70 projects in poster displays, ranging from research and medical education to pathology and frontline clinical staff evidence that the Trust's message, 'we've got what it takes' will lead to the trust's goal of becoming an outstanding hospital.

Chief Executive Lance McCarthy said: "A year after we launched our new trust objectives to transform and modernise service provision at



Lance McCarthy speaking at the recent AGM to transform healthcare for the people of Harlow

the last AGM, we have made tremendous strides.

"We have made substantial investment in service improvement while meeting our financial targets.

"Our diagnostics, 18 week referral to treatment rates and 62 day rate for first treatment from referral for

cancer are stand-out successes.

"The amazing array of quality improvement projects we have embarked on are proof that all our staff are committed to supporting the trust to provide the best healthcare in the country for our local population."

email your news to community@hertsessexnews.co.uk

Social club is expanding after a successful summer

IT was an extremely busy summer at Rainbow Services' Senior Safe and Social Project with lots of club activity and trips taking place.

The weekly clubs are growing in size and the events are over-subscribed.

The team are working really hard to start new clubs and organise outings.

There are two new clubs to announce, the first is at Harlow Judo Club in Foldcroft on a Wednesday morning between 10am and noon, the second is every Wednesday starting on November 7 between 10am and noon at The Park Inn on Southern Way.

The group says it is very excited to be working in partnership with these two lovely organisations and are taking bookings for the up coming Safe and Social Events that are being funded by West Essex Clinical Commissioning Group and

Harlow Council.

These events are offering advice on keeping safe and well during the winter months with a hot lunch and live entertainment.

The date and venues are as follows; Monday, October 29 at Harlow Rugby Club, Wednesday, October 31 at Harlow Cricket Club and, Thursday, November 13 at The GPCA. Please note that booking is essential.

The Rainbow Services' Community Builder Safe and Social project works to reduce loneliness and social isolation in Harlow's Seniors, there are now 15 weekly social clubs running across the town.

For bookings and further information on the services other clubs and activities contact Kelly on 07793 007737 or kelly@rainbowservices.org.uk



Rainbow Services in Harlow have launched two new groups and encourage people to get involved

YOUR EDUCATION NEWS

Making music 'is not just about playing a traditional instrument'



email your
news to
community
@hertsessex
news.co.uk

DJing has been
added to the
school's
curriculum

BURNT Mill Academy, in Harlow, prides itself on offering its students – often from deprived backgrounds – opportunities to learn to play musical instruments and to perform to live audiences.

With music lessons focusing pre-

dominantly on traditional instruments, the school was keen to find new ways of reaching those young people who might only have an interest in modern music genres.

Having introduced rap lessons earlier this year, the school is now

working with Future DJs to entice more students to take up music.

The school has seen the number of students taking music as an option at GCSE double in the last year.

Cristin Casey, director of perform-

ing arts, said: "This is about giving more opportunities for students to access creative subjects and GCSEs through different avenues.

"Music-making is not just about playing a traditional instrument like the clarinet any more, it is engaging

in technology and using that as an avenue to perform.

"Our numbers have grown because we have built music technology into the curriculum and, using rap and DJing, brought our music offer into the 21st century."

Year 7 and 8 took part in a taster session with Future DJs and got the opportunity to perform on stage in front of their peers.

As a result, 250 students – half of Key Stage 3 – have applied for further information to take part in further DJ sessions using the school's Ableton Push music-making equipment and others by companies such as Pioneer.

Mrs Casey, who has been building the school's resources for this kind of lesson for some time, said: "We have partnered up with Ableton and VIP Studios through Essex Music Education Hub led by Essex County Council, which makes music-making equipment available to schools. Using the Push, students can compose, create and perform their own music which previously would be a barrier to new music-making in the classroom."

Children at nursery enjoy bringing in teddy bears

WEDNESDAY was the day the teddy bears had their picnic, when the children and staff at the Kiddi Caru day nursery in Harlow celebrated Bring Your Teddy Bear To School Day.

Everyone brought their favourite teddies in from home and introduced them to their friends.

The nursery's chef prepared a special picnic tea, so they could have their afternoon tea with their beloved teddy bears.

Throughout the day the children also baked teddy bear biscuits,

played pin the tail on the bear and went on a bear hunt around the nursery's garden.

Louise Farrow, nursery manager, said: "The children all have their favourite cuddly toys and they loved being able to bring them to nursery for the day.

"They had a lovely time at the picnic and I think their teddies enjoyed it too."

For further information about Kiddi Caru visit www.kiddicar.com, see Facebook - www.facebook.com/Kiddicar, or call on 01279 626111.



Bring Your Teddy
to School Day at
Kiddi Caru

YOUR COMMUNITY NEWS

Harlow

■ **FUNDRAISING QUIZ:** Amnesty International Harlow group is hosting a pub quiz on Friday, November 2, to help fundraise for their local campaigning.

There are some great prizes from local businesses for the winners, and are encouraging people to get their teams together for a night of quizzical fun to help raise funds for Amnesty International's Harlow branch.

Taking place at the Bunt Mill Snooker and Social Club, the quiz costs £10 for teams to enter with a maximum of five team members.

Guests are advised to arrive promptly at 7pm for a 7.30pm start. Chris Vince will be the quizmaster for the event.

Please note the bar is cash only.

■ **CHRISTMAS FAYRE:** Hosted by St Clare Hospice on Sunday, November 25 from 12.30-4pm at Great Parndon Community Centre, Abercrombie Way, Harlow, CM18 6YJ.

Entry is £1 per person. Please get in touch to book a stall.

■ **RUMPELSTILTSKIN:** This Halloween half-term Rumpelstiltskin will be at The Victoria Hall Theatre, Old Harlow, Essex.

Meet the princess and her friend Mouse as they make a deal with the cheeky and infamous Rumpelstiltskin. With fun, comedy, songs and theatre magic.

This is a great way to spend the Halloween half term. £9.50 All tickets: www.ticketsource.co.uk/rumpelstiltskin

Dates: Until October 27, daily at 11am and 2pm.

■ **LIVE MUSIC:** Following a storming set at Phoenix Live in July, Black Wax is proud to be bringing The Len Price 3 back to Harlow on Friday, October 26.

It might be closer to Halloween, but it feels like Christmas has come early because this one is free entry.

Black Wax heads to The Herald pub for a night of rock and roll, garage, punk, rhythm and blues and soul vinyl spinning with a live set from The Len Price 3 who play a special warm-up show for their appearance at the Shiiine On Weekender.

No need to book tickets.

■ **JAZZ GIG:** Music at Marigolds on Friday, October 26 with James Scannell Quartet at Harlow Cricket Club, Chippingfield, Old Harlow, Essex CM17 0DL. Doors open at 7.30pm, tickets £10 on the door.

■ **WALKING FOOTBALL:** 50-plus fitness group. A great way to keep fit newcomers welcome to come along and give it a try £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - 12pm; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

Bakery supplies churches with large harvest loaves



Mayfield Bakery help Harlow Churches celebrate Harvest in traditional style

AWARD-WINNING Mayfield Farm Bakery, Sheering Road, have brought happiness to 20 Harlow churches, by providing them with traditional harvest loaves, for the centre pieces of their Harvest Festival celebrations.

The bakery believes in wholesome, traditionally made food, using ingredients from the closest source, keeping food miles and impact on the environment to a minimum.

Harvest loaves – large, highly decorative, plaited bread in the form of a stylised wheat sheaf – have been produced for hundreds of years and would quickly die out if it wasn't for artisan bakeries such as Mayfield Farm.

Jane Anderson, the bakery manager, explained that as well as serving Harlow's community it also helps with inhouse training.

Two of Mayfield's Bakery team are native to Italy and Spain, and for them the skills and tradition of harvest loaves was completely new.

Reverends Ernie Guest, Christian Okeke and Richard Attew collected the loaves for the South Harlow Covenant of Churches, St Stephens, Bush Fair, St James, Staple Tye, and St Mary's, Great Parndon.

Rev Guest said: "Harvest is a great time to remember and give thanks for all God has provided for us over the past year."

"We're delighted to receive these harvest loaves from Mayfield Bakery, it really shows their care and generosity for our community."

Manager Jane gave the local

clergy a tour of the premises and was keen to highlight the new-look café which aims to support local charities by hosting bespoke lunches and afternoon teas.

Jane said: "Our business ethic is not just to be part of the community but to find new and innovative ways of supporting them."

More information about the bakery can be found at mayfieldfarmbakery.co.uk, and specific enquiries can be made to info@mayfieldfarmbakery.co.uk or by phone 01279 411774.

email your news to community @hertsessex news.co.uk

YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

Hunsdon

■ **PILATES CLASSES:** Mondays 2-3pm at Hunsdon Village Hall. Friendly and welcoming classes.

Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the

whole body to improve balance, muscle strength, flexibility and posture.

For more information, or to book your first complimentary class, (limited places) call Anne at Active Health Pilates and More on 07717 333234, email activehealthpam@gmail.com

activehealthpilatesandmore@gmail.com or visit www.activehealthpilatesandmore.com

Roydon

■ **FITNESS CLASS:** 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall.

All abilities, men and women welcome. £5 per session.

Call 07974 721527 for more information.

Rushden

■ **LACE MAKING:** The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the

expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied – although you will need to take your own lunch.

For more information, call Eva on 01763 288357.

Saffron Walden

■ **CHRISTMAS FAYRE:** Friday, November 2, from 10am to 2pm at Lord Butler Leisure Centre, Peaslands Road, Saffron Walden, CB11 3EG.

Entry is just £1 per person, with children attending for free

Sandon

■ **GREEN FINGERS:** Sandon

Robert Halfon goes blindfolded around the town centre to understand the needs of visually impaired people in Harlow



MP: One of hardest things I have done

HARLOW MP Robert Halfon recently met with Guide Dogs Hertfordshire, Bedfordshire and Essex to walk around the town centre to understand the needs of visually impaired people.

Putting on a black mask, Robert walked around the town centre and said: "It is one of the hardest things I've done. Not just to be blindfolded and walk about but to navigate the obstacles around the pavements just with a white cane."

"The Guide Dogs for the Blind Association told me that the market square is particularly bad for the visually impaired. When planning these public areas, Harlow Council should consult with Guide Dogs."

"In London, for example, there are specific, coloured lines near some tube stations to help the visually impaired to guide themselves round."

Mr Halfon will be contacting Harlow Council to arrange a meeting with Guide Dogs to make the town centre more accessible for visually impaired people.

Harvey Centre gets all dressed up for Halloween

IT'S all-a-board the cursed ship for The Harvey Centre's pirate-themed Halloween extravaganza.

Join them for a huge day of pirate pillaging and excitement from 11am - 4pm on Saturday.

The centre will be transformed into a Haunting Halloween extravaganza.

There will be a 3D spooky house and garden positioned on the ground floor of the centre which shoppers will be able to venture inside for a fright if they are

brave enough. Then outside Burger Priest on the top floor of the centre there will be a family games area including a selection of Spooky Games such as Spooky Wrecking Ball Game, Hoop the Witches Hat, Catch the Ghost, Photo Peep Throughs and Crazy Mirrors for everyone to enjoy for free. All of these attractions will be in place until November 4.

On Saturday customers are invited to join Wendy Walk-The-Plank and Penelope Pieces-Of-Eight

for a day of swashbuckling, haunted pirate ship fun with treasure chest decorating workshops, sea shanty lingo classes, a real life treasure hunt and fantastic face painting.

The team of make-up artists will give shoppers the complete pirate look or create glitzy glitter tattoos, henna and many other designs of their choice.

Furthermore, The Harlow Playhouse has arranged a visit from Freeman Productions and Contexture Theatre who will be

bringing the touring immersive experience The Ghost of Chesterton House to The Harvey Centre.

The UK's first touring immersive experience will take place at The Harvey Centre on Friday and Saturday, with performances at 7pm, 8pm and 9pm on both days.

There are only 14 tickets available per performance, so visitors are guaranteed an exclusive experience as the tragic story unfurls around them in the authentic Victorian

dining room setting. After the performance, guests will be invited into the conceptual experience, Chesterton House: The Ghost Lounge.

Bryan Young, centre manager at The Harvey Centre says: "Halloween is now a huge event in the UK and a celebration our shoppers really love."

"Every year we want to push the boundaries and offer something unique, fun and memorable and I am sure this year's pirate extravaganza will tick all those boxes."

Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome.

Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going.

Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

Standon

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers.

It costs £5, which can be paid on the door each week.

Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives.

The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one.

Email Becky to book a free trial at: artexplorers1@gmail.com or visit:

www.artexplorers.co.uk for more information.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer.

Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings.

The mixed side welcomes anyone from ten years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm.

Musicians are also needed to play. To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

Widford

■ **PILATES CLASSES:** On Mondays 6.45 to 7.45pm and 8 to 9pm. Friendly and welcoming classes.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

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important to you.

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Deaths

Lily Ruth BRANT

Sadly passed away on
16th October 2018 aged 87 Years.
Loving Mum, Nan & Great Nan.
Lily will be greatly missed by
all her Family and Friends.

Funeral Service will be held at
Parndon Wood Crematorium on
Tuesday 30th October at 11.30am.
Family flowers only please.
If desired, donations made payable to
'Alzheimer's Research' or
British Lung Foundation'
may be sent c/o
Daniel Robinson & Sons,
Wych Elm, Harlow, CM20 1QP.
Tel: 01279 426990.
Alternatively please visit the
In Memory page www.drobinson.co.uk



Patricia Anne CURRIE

It is with sadness
that we post this
notification:
Patricia Anne Currie
Peacefully passed away
on 26.09.18, aged 82
much loved by sons
Robbie, Andrew
and daughter Cathie.

Dilys LLOYD

Sadly passed away on
the 3rd October 2018.
Aged 94.
A mother,
Grandmother and
Great-Grandmother.
She will be greatly
missed by all who
knew her.
Funeral service will
take place at Parndon
Wood Crematorium on
the 2nd November at
3:15pm.
Family flowers only
please.

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messages are placed every
month on our site,
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John MORIARTY

Sadly passed away on
16th October 2018 aged 76 Years.
Dearly loved Husband of Pauline.
Father to Sarah & Paul. Grandfather,
Great Grandfather, Brother,
Brother in law, and Uncle to his beloved family.
John will be truly missed by family & friends.

Funeral service will be held on Monday
5th November at Holy Cross Church,
Tracyes Road, Harlow at 1:30pm followed by
Parndon Wood Crematorium at 2:30pm.
Family flowers only please.
Donations made payable to
Royal British Legion may be sent c/o
Daniel Robinsons and Sons
Wych Elm, Harlow, CM20 1QP
Tel 01279 426990 or via
www.drobinson.co.uk



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Sally NICHOLLS

Sadly passed away on
13th October 2018.
Will be deeply missed
by all her family and
friends.
Funeral service will be
held on 1st November
at 11.30am at Harlow
Crematorium.
Flowers or enquiries
may be sent c/o
F J Pinnick and Son,
Bush Fair, Harlow,
Essex.

Add a tribute on
your **mobile**



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Brian David PALMER

Passed away peacefully in Princess Alexandra
Hospital on the 13th October 2018 aged 72. He
will be missed so much by his family, friends and
all who knew him. Brian's funeral service will be
held at Parndon Wood Crematorium on Monday
29th October 2018 at 11.30am.
Family flowers only please, but donations for
'Macmillan Nurses' may be sent to
Daniel Robinson & Sons, 3 Bullfields,
Sawbridgeworth, CM21 9DB
Telephone 01279-722476
Alternatively, please visit Brian's In Memory Page
at www.drobinson.co.uk

James John Victor REED 'Jim'



Who sadly passed away at Mountfitchet House
Care Home, Stansted Mountfitchet, on Friday 5th
October.

A funeral service will be held at St. Mary's
Church, Henham on Wednesday 31st October
2018 at 11.00 am, then proceed to The Cock Pub,
Henham for refreshments. All welcome to come
and join us.
Donations if you so wish, to Cancer Research UK
or British Lung Foundation,
to be passed onto Daniel Robinson & Sons, 79/81
South Street, Bishop's Stortford Hertfordshire
CM23 3AL
Tel: (01279) 655477

Sylvia Emily SIMS

Passed away peacefully in St Clare Hospice on the
19th October 2018 aged 82. She will be deeply
missed by her sons, Grant, Neil and Glen, family,
friends and all who knew her. Sylvia's funeral
service will be held at Parndon Wood Crematorium
on Monday 29th October 2018 at 2.30pm.
Family flowers only please but donations for
St Clare Hospice may be sent to
Daniel Robinson & Sons, 3 Bullfields,
Sawbridgeworth, CM21 9DB
Alternatively, please visit Sylvia's In Memory page
at www.drobinson.co.uk

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In Memoriam

Kitsa BREEN

Who left us on
30th October, 2008.
Always in our
thoughts.
**Lesley, Mark and
her many friends.**

**MARY ELLEN
BYRNE**
Dearly missed
17 years on from
your passing
19th October
2001.
All My Love
Sharon & Family

CHILDS Frederick - Sadly
passed away 30th October
2002. Sadly missed, but always
remembered. Always in our
thoughts and prayers Andrew
& Peter xx



Acknowledgements

Tony JOHNSON

Sarah, Nick and Sue wish to express their sincere
thanks and appreciation to all those kind relatives,
friends and neighbours who sympathised with
them on their recent sad bereavement.
A special thanks also to Rev. Tim Weeks.
Donations, if desired, will go towards the purchase
of a bench at Margate in memory of Tony.
These may be made online using the
'In Memory' pages at www.drobinson.co.uk
or cheques made payable to
Daniel Robinson & Sons may be sent
c/o 79/81 South Street, Bishops Stortford
Herts CM23 3AL. Tel. 01279 655477.

Ernest Raymond WEBB (Ray)

Rita and the family
of the late Raymond
wish to thank all
who sent kind
messages of sympathy
following their recent
sad bereavement.
Thanks also to all
relatives, friends
and neighbours who
attended the funeral
service and sent such
beautiful flowers and
kind donations for
Alzheimer's Research
UK in Raymond's
memory. Special
thanks are due to The
Meadows Care Home,
H. J. Paintin Ltd and
Nicki Hallett MICE.
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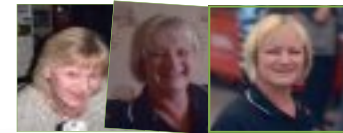
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FILM REVIEWS

with DAMON SMITH

ALSO OUT THIS WEEK



BOHEMIAN RHAPSODY (12A)

★★★★

RAMI Malek is hotly tipped for awards consideration for his portrayal of Freddie Mercury in Bryan Singer's musical biopic, which charts the rise of rock band Queen and its charismatic front man.

Scripted by Anthony McCarten, who earned Oscar nominations for his screenplays for *The Theory of Everything* and *Darkest Hour*, *Bohemian Rhapsody* meets lead guitarist Brian May (Gwilym Lee), drummer Roger Taylor (Ben Hardy) and bassist John Deacon (Joseph Mazzello) as they hunt for a new lead singer.

Flamboyant showman Freddie Mercury (Malek) seizes his moment in the spotlight and he inspires the band to think outside the box with the operatic title song.

Flanked by his lifelong companion Mary Austin (Lucy Boynton) and personal manager Paul Prenter (Allen Leech), Freddie creates one of the defining images of Live Aid in 1985 and also struggles to keep secret his Aids diagnosis.

BEETLEJUICE (12A, 90 MINS)

★★★

TO mark the 30th anniversary of director Tim Burton's demented comedy, which won an Academy Award for Best Make-Up, a newly remastered 4K print of *Beetlejuice* screens at selected cinemas across the UK and Ireland in time for Halloween.



Adam Maitland (Alec Baldwin) and wife Barbara (Geena Davis) are killed in a traffic accident on their way home to their beloved Connecticut country house.

According to the rules of the *Handbook For The Recently Deceased*, the Maitlands must remain in ghostly residence, unseen by the new owners of the property.

Charles Deetz (Jeffrey Jones), his wife Delia (Catherine O'Hara) and their gloomy daughter Lydia (Winona Ryder) move in and set about transforming the house under the guiding hand of interior designer Otho (Glenn Shadix).

Adam and Barbara try to scare off the Deetzts but only succeed in befriending Lydia.

So Adam and Barbara foolishly summon freelance bio-exorcist Betelgeuse (Michael Keaton) to scare away the human inhabitants. Instead, Betelgeuse pursues his own Machiavellian agenda, which includes an unholy union with Barbara.

FINDING A VOICE



THE HATE U GIVE (12A)

★★★★

TAKING its title from the cautionary message inked into rapper Tupac Shakur's THUG LIFE tattoo, George Tillman Jr's emotionally charged drama rages against racial division and police violence in a 21st-century America which affirms its constitutional right to bear arms.

The Hate U Give is sensitively adapted by Audrey Wells from Angie Thomas's young adult novel, which chronicles the anguished rites of passage of a teenager, who finds her voice in the most tragic circumstances.

Amandla Stenberg delivers a gut-wrenching lead performance as a 16-year-old, who zigzags uncomfortably between worlds of white privilege and black indignation.

Wells' script confidently walks a tightrope between tear-stained cries from the heart and boisterous humour as it sketches the dynamics between a family living in a predominantly black neighbourhood in the chokehold of drugs and gang warfare.

Children are taught from an early age to rest their hands on a car's dashboard when - not if - they are pulled over by police.

"Daddy says our life is here because our people are here," explains Starr Carter (Stenberg).

She lives in Garden Heights, Georgia, with ex-con father Maverick (Russell Hornsby), who turned his back on local drug dealer King (Anthony Mackie) to raise a family with wife Lisa (Regina Hall).

Their brood includes Starr's half-brother Seven (Lamar Johnson) and cherubic younger brother Sekani (TJ Wright).

To ensure her babies have a brighter future, Lisa sends the children to predominantly white Williamson Prep, where Starr shares classes with her boyfriend Chris (KJ Apa).

The teenage heroine keeps the two sides of her existence separate until the fateful night she witnesses a white police officer shoot her unarmed childhood friend, Khalil (Algee Smith) dead.

Racked with grief, Starr shoulders a heavy burden to speak up for the deceased.

However, testifying against a cop could lead to reprisals.

Uncle Carlos (Common), a detective on the same force as the suspended officer, offers comforting words of wisdom while activist group Just Us For Justice urges Starr to come forward.

As protests light the fuse on a powder keg of raw emotion, Starr embraces her family's history with fierce pride.

"If you don't see my blackness, you don't see me," she tearfully informs Chris.

The Hate U Give doesn't project Starr's journey of empowerment through a rose-tinted lens, pretending that one girl can magically salve the deep emotional wounds

of her divided community in the space of 133 impassioned minutes.

Tillman Jr's film ripples with fury and despair, but there is an undercurrent of hope that courses through every handsome frame. Stenberg's powerhouse lead performance is complemented by splendid supporting turns from Hall and Hornsby, the latter falling back on teachings of the Black Panther movement to encourage his children to stand tall at the very moment they feel like admitting defeat.

Because all lives matter.



MUSIC

Little is left unsaid by John and his band



By **MARTIN NEAL**

martin.neal@reachplc.com
[@harveywahwah](https://twitter.com/harveywahwah)

YORKSHIREMAN John Elliott, frontman with The Little Unsaid, plays his first ever gig in Essex next month.

And as well as being entertained and impressed by his “genre-hopping” brand of alternative folk, you can expect to be taken on an emotional journey that stops at dark and personal places other singer-songwriters wouldn’t dare venture close to.

Not for John any of that “let me love you ‘til the morning light” nonsense.

No, John knows that it’s like to live through depression and lays himself bare with his powerful, intense and achingly honest songs.

The Little Unsaid’s entrancing musical approach - there are hints of Nick Cave and Leonard Cohen within - has received critical acclaim and with Tom Rose of Reveal Records guiding them forward, they are starting to attract a wider audience.

“This is our second biggish tour of the year,” enthused John, who has been performing and recording under the Little Unsaid moniker since 2010, “but we’ve never played Essex before, which is outrageous!”

“We’ve not had the connections before,

but now we have a record company which has helped us. We’re looking forward to it.”

John admits the interest from Rose - who has Eddi Reader and Joan As Policewoman among others on his books - came as a welcome surprise.

“I thought I would always be an independent musician - most record companies aren’t interested unless you’re hugely commercial and there are so many people vying for the chance,” he said. “It’s a tough climate because there are so many people making great music in so many genres.”

“But Tom is so passionate about what he does, whatever the genre.”

The Little Unsaid’s sound is a lot of things - enchanting, passionate and heartfelt for sure, but one thing it isn’t is hugely commercial.

“Not everyone wants to listen to what we sing about,” admits John. “Finding a fun angle to a song about mental illness isn’t easy.”

“Our songs explore subjects that aren’t often talked about. We’ve all got something going on.”

“I do write for other people though and I enjoy writing about things other than my own personal experience.”

It’s not all doom and gloom though. Really, it isn’t. And although John knows

only too well the pain of the black dog’s bite, he talks of a “shard of light” and coming through the turmoil at the other end.

And John’s lyrics often strike a chord with members of the audience.

“People share the most honest and personal experiences and say ‘that is what I am going through in my life,’ revealed John, “and that it’s nice to hear it in music.”

The Little Unsaid have released six albums so far and a seventh is due for release next year.

“I feel I am learning all the time,” said John, “in all aspects of my life but musically especially.”

The Essex date on the coming tour is at Colchester Arts Centre on Tuesday, November 27 and it’s a fantastic opportunity to win a new audience. Described as “an amazing act” by Bob Harris on Radio 2, The Little Unsaid can also bring a Steve Reid Award for Innovation to the table.

“We fall into the bracket of folk, or alternative folk,” said John, “but you can expect a lot of genre hopping,” said John. “People are going to hear some passionate songs about things you wouldn’t normally hear in music.”

Tickets are £12 (£10 concessions) - visit www.colchesterartscentre.com/events/gigs/the-little-unsaid/

LIVE MUSIC

CHRIS DE BURGH,
Cliffs Pavilion,
Southend, October
7, 2019

THE Lady in Red star will perform two of his most outstanding recordings, and some other favourites, on his Classic Albums Tour next year.

“One is my most successful album in terms of sales, and the other is one I particularly enjoyed the writing and recording of,” he explained.

The first is his 1986 release, *Into The Light*, which he shrewdly envisaged could be the one that might place him fully centre stage as an international artist - and so it proved, thanks to one song in particular: *The Lady In Red*.

The second album is *Moonfleet & Other Stories*, from 2010, which took Chris on the most ambitious, demanding and evocative journey of his long career.

“I gave myself the biggest challenge in writing and recording that album,” says Chris. “It was very difficult but, ultimately, great, great fun to have done that.”

For tickets visit ticketline.co.uk and ticketmaster.co.uk



DOWN THE PUB

FOLLOWING a storming set at Phoenix Live in July, The Len Price 3 are back in Harlow. The Herald Pub is hosting the garage punk band this Friday (8pm) for this special warm-up show for their appearance at the Shiine On Weekender in Minehead next month.



GIGS for October 26-28

■ Star & Garter, Moulsham Street, Chelmsford: Friday - Fast on the Draw; Saturday - Dead Man’s Hand

■ Cricketers, Southend: Friday - No Good Woman & The Kingsnakes; Saturday - Lord Toffingham

■ Horse & Groom, Braintree: Friday - Beggar; Saturday - Alibi

■ Waggon at Wix: Saturday - Colourblind Hedgehogs

■ Rose & Crown, Bishops Stortford: Saturday - The Luminetric and A Murder of Crows

■ Golden Fleece, Chelmsford: Friday - The Hit List; Saturday - Charlie’s Aunt

■ Railway Hotel, Clifftown Road, Southend: Friday (8pm) - Rita Braga; Sunday (7.30pm) - Dr Zero & The Hotheads

■ Spa pub, Hockley: Saturday - The Statins

■ Boars Head, Braintree: Saturday - Pure DC

■ Roberts Bar, Colchester: Friday - Bouncing Off Concrete

■ Cow & Telescope, Southend: Friday - The Strides; Saturday - Mischief

■ Cock Inn, Bishop’s Stortford: Saturday - Goat Patrol

■ Black Horse, Chelmsford: Saturday - Titans

■ Smugglers Den, Hullbridge: Saturday - Headfirst

■ The Swan, Wickford: Saturday - Handle With Care

■ Welcome Club, Stanford-le-Hope: Friday - All Mods

Conned; Saturday - The Heaters

■ United Brethren, Chelmsford: Friday - Rough ‘n’ Ready; Saturday - Robin Bibi (4.30pm start)

SOUND OUT

FATBOY Slim is adopting a new name for the day... Fatboy Slow. The DJ, musician and producer behind such hits like Right Here, Right Now, Praise You and Weapon Of Choice is attempting to walk a marathon in a day while hunting down 50 giant snail sculptures for charity.

The 55-year-old DJ will hit the Snailspace public art trail on October 19 – part of Be More Snail Day.

He explains: “When Brighton had Snowdog sculptures a few years ago, my daughter Nelly and I did the whole trail, but we cheated a bit by going by car.”



Christopher Walken

“So, completing the whole trail in one day was an obvious idea and, as I’m a little bit of a

runner I thought about a marathon taking in every snail.

“The more I thought about it, the more I wanted to embrace the idea of slowing down. By walking it is a far more sociable affair, I can get a selfie at each snail, chat to people as I walk.”

He will be setting off from the cafe he owns in Hove Lagoon, and hopes to raise £5,000 for The Martlets hospice which cares for terminally ill people in Sussex.

But the hit-maker, born Norman Cook, has no plans to slow down permanently. Quite the opposite in fact. He’s currently preparing for his In The Round UK headline tour next year.

It will see him turning arenas into the UK’s biggest dance floors and he says people can expect a big production, including a revolving stage and rave ushers.

“I’ve spent my whole life building up to this moment,” he says excitedly.

“I’d shied away from doing shows in arenas because it can be difficult to get the atmosphere of a club or festival, but then my manager forced me, kicking and screaming, to play at the O2 and we managed to create the biggest trendiest nightclub in the world.

“We played in the round, with me in the middle, so no-one was far from the stage. It’s really important to me to connect with the audience and we are doing that... just bigger.”

He laughs: “I’m a born performer, a showman. A guitarist can run from one end of the stage to another. I’m not able to do that, but I can perform in the round, connect with the crowd and have a lot of fun.

“It’s quite exhausting to do shows that big, but the

Fatboy Slim is inviting everyone to the ultimate dance party. **MARION McMULLEN** finds out about music videos, snails and supersizing the nightclub experience....

I HAVE SPENT MY LIFE BUILDING TO THIS MOMENT

Fatboy Slim is hitting the road for an arena tour

adrenalin kicks in and I am going to give it my all.”

He laughs: “There’s no way you can blow your nose or scratch your bum without everyone seeing you. You are on show the whole time.”

It is 20 years since You’ve Come A Long Way Baby first came out and Norman has been pushing the musical boundaries ever since.

This year alone he performed 162 metres above Brighton in the resort’s landmark i360 pod and played at the El Row Olympic Park in London.

“There have been many, many great

moments over the years,” he agrees.

“Performing at the closing ceremony of the London Olympics on a giant inflatable octopus was definitely one and the pod in Brighton watching this beautiful sunset over my home town. It was like being in a dream. A pinch-yourself moment.

“I remember doing an interview back when I started, saying ‘this music has to be disposable,’” he says with a wry chuckle, “and people are still listening to it 20 years later. It’s like The Who singing ‘Hope I die before I get old.’ They play Right Here,



Fatboy Slim is about to set off on a fundraising walk at a snail’s pace

Right Now at a football match now and it introduces it to a new generation. I’m very proud of it.”

The music-lover confesses he still has 9,000 vinyl records in his own personal collection and insists: “I’m not going to get rid of them and I’m not sure if I’m keeping them for nostalgia or what. I’m not really sure for the life of me why I am keeping them but I am certainly not getting rid of a single one of them.

“I like anything old, black and scratchy. Soul from the 60s, blues from the 40s, gospel, reggae. I used to spend many hours in dusty record shops, but now it’s mainly on the internet.

“I’ve been dropping hints over the years about how I would love the good pleasure of working with Al Green. But he’s a reverend now and probably wants nothing to do with a heathen like me.”

Fatboy Slim music videos have become almost as famous as his songs over the years, but he admits he still regrets missing out on the chance of meeting Hollywood acting star Christopher Walken on the Weapon Of Choice video.

“I was supposed to be the bell boy at the beginning, but my wife [TV and radio presenter Zoe Ball] had our first child so I couldn’t be there. I still tell my son Woody when the video comes on ‘I wasn’t there and it was all because of you.’”

He laughs: “It’s taken my son a while, but I think he tends to think I’m a bit cooler now after I did a show and all his mates and teachers wanted to be on the guest list.”

He and Zoe split after 18 years of marriage, but family will always be his number one priority. “I have got two kids and they keep me busy,” he says. “For years and years I slept and breathed my job, but now I think I’m a more rounded human being with a life outside work.”

■ The In The Round arena tour begins on February 21. Go to fatboyslim.net for dates and ticket details.



NENEH CHERRY
BROKEN POLITICS

★★★★★

CO-CREATED with Four Tet, also known as Kieran Hebden, Broken Politics is a poetic acknowledgement of humanity’s compassion deficit, and a trip down a memory lane of Dax hair grease and treasured vinyl.

Opener Fallen Leaves sets the tone, its downcast lyric lifted by woody snares and harp into the song of someone alive and resolute. Kong sees the punishingly intense hi-hats of dub join classical instrumentation to create a Bjork-like soundscape, while Cherry combines matters personal with those more global to great effect. Her vocal is gentle and rhymes devastating.



REM
REM AT THE BBC

★★★★★

REM fans are getting a wealth of material with REM at the BBC, the CD incorporates eight expansive discs of live material from 1984 to 2004.

There are some real treats in there – not least a rollicking What’s The Frequency, Kenneth? from Milton Keynes in 1995 and a spine-tingling E-Bow the Letter, sung with Thom Yorke at a 2004 show in London’s St James’ Church. And tinny and echoey as the recording might be, it’s hard not to get a rush of heady excitement at hearing Radio Free Europe as it would have been heard in a sweaty Rock City in Nottingham in 1984.

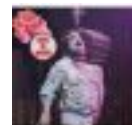


JOHN GRANT
LOVE IS MAGIC

★★★★★

SINCE finding fame with his sumptuous solo debut Queen Of Denmark, Grant has wandered ever further from the beaten track and the bizarre string of non-sequiturs which kicks off Metamorphosis sets a suitable tone here.

Electronic stylings are increasingly prominent but the title track and Is He Strange showcase his voice and his knack for a simple, beautiful tune. Touch And Go is a supportive ode to transgender whistleblower Chelsea Manning, while it is fair to say Donald Trump does not receive the same under-standing on an unprintably-titled song directed at him. The disco flourishes on He’s Got His Mother’s Hips and Diet Gum’s twisted spoken word show his ongoing evolution.



HEALTH & LIFESTYLE

7 books to boost your wellbeing

THEY say there's no friend as loyal as a book (well, Ernest Hemingway did anyway), and that rings true with today's breed of self-care related tomes.

Rather than being clinical, self-righteous or heavily peppered with overly earnest clichés, books about mental health now come in all shapes and sizes – and plenty of them are funny, relatable and won't bombard you with confusing self-help jargon.

It's estimated by the charity Mind that a quarter of people in the UK experience a mental health problem each year, with anxiety and depression ranking as the most common – yet these issues continue to be largely misunderstood.

While books are no means a substitute for your doctor or a counsellor, a good read can be as soothing as a hot bath on a chilly day – helping to get you back on the mend, inspiring healthy changes, or simply reminding you that you're not alone.

Better yet, they're always there, on the shelf, should you ever need to revert back to them in times to come.

So click on the kettle, switch off Netflix and hunker down this autumn with seven of our favourites...

1 REASONS TO STAY ALIVE BY MATT HAIG (£12.99, Canongate)

AT THE age of 24, writer Matt Haig suffered a breakdown and contemplated taking his own life.

In this moving memoir, he explains how he changed his thinking, the process of recovery and everything he's learned about the beauty of life after fixating so intently on death.

As candid as it is touching, this is a book about depression that's refreshingly uplifting, focusing on making the most of your time on Earth – even if some days feel worse than others.

Keep a pencil at hand: There'll be countless passages you'll want to bookmark and pass on to friends.

2 A BEGINNER'S GUIDE TO BEING MENTAL BY NATASHA DEVON (£12.99, Pan Macmillan)

AFTER a decade of touring schools in the UK to raise awareness around anxiety and depression, Natasha Devon decided to collate all of the most-asked questions she received from young people about mental

FROM BRAIN-TRAINING TO BRUTALLY HONEST MEMOIRS, LIZ CONNOR ROUNDS UP SOME OF THE MOST TRANSFORMATIVE, CATHARTIC AND SOUL-STIRRING READS



health, and turn them into one concise reference book.

Set in a handy A-Z format, this pocket guide explains everything you'll ever need to know about 'being mental', from A (Anxiety) to Z (Zero F***s Given), using experts in the fields of psychology, neuroscience and anthropology.

Natasha's insights are witty, and genuinely helpful – whether you suffer with mental illness or you're struggling to understand someone else's condition.

3 WE'RE ALL MAD HERE: THE NO-NONSENSE GUIDE TO LIVING WITH SOCIAL ANXIETY BY CLAIRE EASTHAM (£12.99, Jessica Kingsley Publishers)

WE'VE all felt the worry of being judged by other people – but when the feeling takes over, it can make everything from seeing friends to

getting on public transport feel impossible.

Here, Claire Eastham gives a brave and funny account of what it's like to be a 20-something living in London and

working at her dream job, while secretly battling with a crippling social anxiety disorder.

There's sage advice for anyone whose felt the telltale dread of 'networking', with no-nonsense tips on how to ease the anxiety of navigating everything from social media and university, to dating and parties.

4 YOUR SUPERSTAR BRAIN: UNLOCKING THE SECRETS OF THE HUMAN MIND BY DR KAJA NORDENGEN (£13.99, Little Brown Book Group)

WHY does your brain work the way it does? That's the big question that neuroscientist Dr Kaja Nordengen ponders in this fascinating exploration of the body's most complex organ.

From jealousy and anxiety, to memory and creativity, Dr Nordengen uses medical science to explain – in layman's terms – how our brains co-ordinate thoughts, emotions and behaviours.

For anyone that's ever felt their mind is out of their control, this calming and rational book can help you to better understand why your brain makes you who you are, how it learns, and how it can also cause you to make bad or destructive choices by rewarding addictive behaviours.

5 MAD GIRL BY BRYONY GORDON (£8.99, Headline Publishing Group)

NEWSPAPER columnist Bryony Gordon has suffered with OCD (obsessive-compulsive disorder) since childhood and, as she got older, her illness manifested itself in alopecia, bulimia, drug dependency, and all manner of complex rules and rituals that inhibited her life. At one point in her 20s, she was even carrying her iron to work every day, so she wouldn't constantly worry that she'd leave it on and burn her flat down.

In her darkly humorous memoir, she talks frankly about how a lack of conversation around mental health left her to suffer alone in shame for years, but how in the process of writing her memoir, she hopes to throw an honest light on the burden of panic and obsession.

6 HOW TO BE HUMAN: THE MANUAL BY RUBY WAX (£14.99, Penguin Books)

RUBY WAX has already cemented herself as one of the most relatable voices on anxiety with her first book, A Mindfulness



Guide For The Frazzled. Here, the comedian and mental health campaigner has teamed up with a monk and neuroscientist to explain exactly what makes the mind tick.

Starting with evolution, the book uses science and spirituality (with a good dash of Ruby's own experiences) to explain why we think like we do about everything from addiction and love, to thoughts and forgiveness – and how we can train our brains to reach a state of higher self-care.

7 THE ANXIETY SOLUTION BY CHLOE BROTHERIDGE (£12.99, Penguin Books)

ONE of the worst things about anxiety is the pervasive feeling that there's something to worry about, even if you can't quite put your finger on what it is.

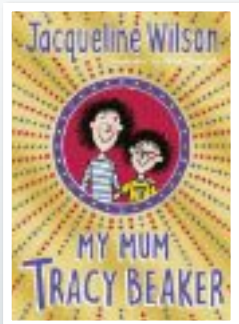
Chloe Brotheridge has a clear and simple method to help readers break free from the cycle of panic and dread, by arming them with various tools and techniques that can retrain the brain's thinking.

As a clinical hypnotherapist and nutritionist that's treated thousands of patients, she's confident that anyone can get back into the driver's seat and steer their thinking in a more positive direction.



Books are by no means a substitute for a doctor or a counsellor, but a good read can help with your mental health

FAMILY MATTERS

CHILDREN'S
BOOK OF THE WEEK

MY MUM TRACY BEAKER by Jacqueline Wilson, illustrated by Nick Sharratt
Penguin Random House Children's,
hardback £12.99, ebook £8.99.

★★★★★
THIS is a bold new direction for Jacqueline Wilson and her most famous character, who isn't the only Beaker on the scene now. The latest instalment follows Tracy, now a single mum, and her timid daughter Jess.

Despite their differences, they make a formidable team living in a dingy flat in London.

All that changes when Tracy starts dating former footballer Sean. With money, a big house and a desire to spoil Tracy rotten, Jess isn't sure such things suit her mother's style.

Wilson successfully conveys Tracy's adult difficulties through Jess' anxious narrative, but the daughter of the former Dumping Ground resident does sometimes live in the shadow of her mum as a character.

That doesn't stop this being a heartwarming tale of Tracy and Jess' relationship.

KIDS' BUY
OF THE WEEK

RIVER ISLAND has teamed up with Disney on a collection to celebrate 90 years of our favourite cartoon character, Mickey Mouse.

The Mickey: 90 Years of Magic capsule collection across the RI Mini and RI Kids' ranges and features eight pieces for boys and girls including printed hoodies, T-shirts and joggers all celebrating the iconic mouse and his lovely lady Minnie.

The range lands in selected River island stores on October 30 aged 0-12 years and priced from £10-£18.

HAVING an unwell baby and not knowing what to do about it can be terrifying for a parent.

But a free app developed by The Lullaby Trust charity aims to help mums and dads decide whether their baby needs a doctor or not, through outlining 19 simple checks which test for different symptoms or signs of illness.

The Baby Check app gives a score for each symptom – the higher the total score, the sicker the baby is likely to be.

The Lullaby Trust warns that, of course, the app is only a guide and is not meant to replace your own judgement. Serious problems, such as your baby having a fit, being unresponsive, having a serious injury or a rash that doesn't fade when pressed with a glass, demand an urgent trip to A&E.

Professor Russell Viner, president of the Royal College of Paediatrics and Child Health, says: "Having a baby can be an extremely anxious time for parents, so any device that can help put their mind at ease may be incredibly useful."

"However, if parents are very worried about their baby, I would encourage them to seek medical help from their family doctor for example, to ensure that if their baby is indeed unwell, any illness is caught early."

Here are the checks you can run through on the Lullaby Trust app and what score they'd 'earn'.

Add them up as you go through the list. If the total score is seven or under, a baby is only a little unwell and medical attention shouldn't be necessary.

A score of above eight means you may need to seek medical advice, and above 13 means the baby is ill and needs to see a doctor.

If the score is 20 or above, a baby may be seriously ill and should be seen by a doctor immediately.

1 UNUSUAL CRY

1 YOU'LL know your baby's usual cries from hunger or tiredness. An unusual cry could be: weak, high-pitched, moaning or painful.

If your baby has an unusual cry score 2.



An unusual cry scores 2 on the Baby Check app

score 4, or if your baby has taken very little fluid score 9.

3 VOMITING

3 IF YOUR baby has vomited at least half the feed after every one of the last three feeds, score 4.

4 GREEN VOMIT

4 VOMIT is green when it contains bile, and this may be a sign of obstruction in the intestine.

If your baby has green vomit, score 13.

5 WET NAPPIES

5 IF YOUR baby has passed less urine than usual, score 3.

2 FLUIDS TAKEN

2 IF YOUR baby has taken a little less fluid than usual over the last 24 hours, score 3, about half as much fluid as usual

6 BLOOD IN A NAPPY

6 SMALL flecks of blood in a baby's dirty nappy are usually due to a tiny split at the opening to the back passage and aren't serious.

However, a large amount of obvious blood may be serious, as it could be the result of a blockage or damage to the bowel. If there's a lot of obvious blood in your baby's nappy, score 11.

7 DROWSINESS

7 THIS check isn't about the time your baby's been asleep or irritable. If your baby's been occasionally drowsy and less alert than usual score 3, or if drowsy most of the time score 5.

8 FLOPPINESS

8 IF YOUR baby seems more floppy than usual, score 4.

9 WATCHING

9 THIS check may be difficult if your baby is

crying or irritable, but your baby should watch you between cries. If your baby is watching you less than usual score 4

10 AWARENESS

10 WATCH your baby – is he or she responding to what's going on? If your baby is responding less than usual to what's going on, score 5.

11 DIFFICULTY BREATHING IN

11 IF A baby has breathing difficulty, the lower chest and upper tummy will dip in with each breath. This is called 'indrawing'.

When baby is quiet, watch the lower chest and upper tummy.

If there's indrawing just visible with each breath, score 4, if there's obvious or deep indrawing with each breath, score 15.

12 LOOKING PALE

12 IF MOST of your baby's body is much paler



Prof Russell Viner

Oh Canada... it looks like the twins won't

RICHARD IRVINE

DOUBLE
TROUBLE
FOR A
FIRST-TIME
DAD OF TWINS

MY BABY book's development chart says Thomas and Emma should react accordingly to the command 'no'. Experience tells me they don't care what I say.

If I shout 'no', the best I can hope for is a momentary pause before they continue playing with the plug socket, or whatever dangerous object they've found now.

I don't think they're falling behind their peers, but I still did what I always do when anxious and searched the internet, which only ever makes everything worse.

You'd think I'd learn but instead I turned a minor

concern into an obsession.

A link to Canadian Citizenship and Immigration Centre baby development documents came up and I, like a fool, clicked on it.

Its official forms stated that a one-year-old should be walking unaided upon physical examination.

Unfortunately, the twins are yet to manage this.

Personally, I think they're doing alright and anyway, technically, they have still got a couple of weeks left before

they hit one – as they were premature – but it appears Canada has an issue with crawling one-year-olds.

It's a real shame as I'd always wanted to see the

bears over there. Another test on these official baby development documents suggests they should be able to release a cube into a cup after a demonstration.

I felt this more cerebral activity is probably something

Crawl or nothing: Unaided walking is not on the twins' agenda right now





than usual score 3. If your baby's had an episode of going very pale at any time during the last 24 hours score 3.

13 WHEEZING
IF YOUR baby is wheezing when breathing out score 3.

14 BLUE NAILS
COMPARE your baby's nails to the natural colour of your own fingernails. If your baby's nails are blue score 3.

15 CIRCULATION
GENTLY squeeze baby's big toe to make it white. This won't hurt your baby. Then let go and wait three seconds. Watch how quickly the colour returns. If your baby's toe was completely white before the squeeze score 3. If your baby's toe colour doesn't return within three seconds, score 3.

16 RASH
BABIES often have a few spots or small areas of rash. But if your baby has a rash which covers a large part of the body score 4, or a rash which is large,

raw or weeping, score 4.

17 HERNIA
IN BOYS, a hernia shows as an obvious bulge in the groin or scrotum. It's very rare in girls. If there's a bulge in the groin or scrotum which gets bigger with crying, score 13.

18 TEMPERATURE
IN A baby below three months, if the temperature is 38.0°C or more score 4. In a baby above three months, if the temperature is 39.0°C or more score 4.

19 CRYING DURING CHECKS
IF YOUR baby has cried during the checks (more than a little grizzle) score 3.

■ You can download the Lullaby Trust's Baby Check App from Google Play or the App Store for free now. Visit lullabytrust.org.uk for more information.



The Baby Check app is free

be paying you a visit just yet

they'd handle a little better, rather than the simple task of walking.

So I carefully demonstrated the delicate art of placing a cube in a cup then let them take the floor.

Thomas put the cube in his mouth, choked and was sick. Emma threw her cube at Thomas.

Canada was off the list. They wouldn't even let these two off the plane. Later in the day, I informed Victoria Canada was a no-go zone because of the twins.

'Are we challenging them enough?' she replied. After a moment's thought, I realised it'd be difficult to challenge them more, when you're one, everything is a challenge.

The pair of them struggle to drink

out of a bottle. They've got more challenges than they need.

Yes, Canada says they should be able to walk but let's have a look at my adult development chart.

You'd think I, as a fully grown adult, should be able to answer more than one question on University Challenge but I can't. Some days I struggle with Pointless.

And hula hooping. Theoretically, this is a skill I should have mastered long ago, but no.

Therefore, we're going to focus on making sure they're happy, in the hope they'll be fully toilet trained by the time they're two, defying all the charts and ensuring I don't ever have to change a nappy again.



THE RIGHT STRIPES
Blue and navy stripe dino pom pom hat (3-9mths to 5-6yrs) £6-£7, Next



WINTER WARMER
Pink faux fur ear bobble hat (3-13yrs) £5, Matalan



GOING GREY
Babies' grey bobble hat (0-3mths to 12-18mths) £3, George at Asda

KIDS' PUZZLES!

SPOT THE DIFFERENCE

Can you spot the six differences between the pictures below?



WORDSEARCH

Can you find all these Greek letters in the grid?

ALPHA

BETA

DELTA

EPSILON

GAMMA

IOTA

LAMBDA

OMEGA

OMICRON

SIGMA

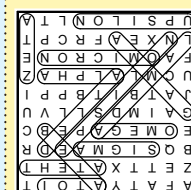
THETA

UPSILON

ZETA

A	F	A	T	Y	A	T	O	I	T
Z	E	T	T	X	A	T	E	H	T
B	Q	S	I	G	M	A	E	D	R
E	O	M	E	G	A	P	E	B	C
G	A	I	M	D	S	L	L	V	U
J	A	T	B	I	T	B	P	P	I
U	C	M	L	A	L	P	H	A	Z
F	A	O	M	I	C	R	O	N	E
L	N	X	E	A	F	R	C	P	T
U	P	S	I	L	O	N	L	T	A

Solutions



FOOD & DRINK

**INGREDIENTS:**
(Serves 6)

5 celery sticks, finely diced; 1 large red onion, finely chopped; 6 garlic cloves, crushed; 6cm piece of ginger, peeled and finely chopped; 2tsp juniper berries; juice and finely grated zest of 1 orange; a glug of vegetable oil; 2tsp za'atar; 4 duck legs, skin on; 1 large pomegranate; 1 bunch of spring onions, finely sliced on the diagonal; salt and pepper to season
For the dressing: Juice of ½ lemon; 2tbsp pomegranate molasses; 2tbsp extra virgin olive oil

METHOD:

1. Heat the oven to 180°C/fan 160°C/gas mark 4.
2. Put the celery, onion, garlic and ginger in a shallow casserole dish. Bash the juniper berries lightly and add them to the casserole. Add the orange juice and zest and drizzle with a good glug of vegetable oil. Mix and spread it out as a bed for the duck legs.
3. Rub the za'atar over the duck legs and place in the casserole. Season well with salt and pepper. Place in the oven and cook, uncovered, for roughly 90 mins, depending on the size of your duck legs. The duck is done when the flesh easily pulls away from the bone with the touch of a fork.

DELICIOUS DUCK

**BRAISED DUCK SALAD
WITH POMEGRANATE,
JUNIPER AND GINGER**

4. Meanwhile, remove the seeds from the pomegranate by scoring the skin into quarters. Submerge the fruit in a bowl of cold water and, gently pull apart the quarters and ease out the seeds with your fingers. The seeds sink. Everything else floats, so discard it with the water. Dry the seeds on kitchen paper.
5. Remove the duck from the oven. Pour off the fat from the vegetables. Allow to cool for a few minutes so removing the meat from the bones is easier.
6. Shred the duck and skin and tip into a bowl. Tumble together with the roasted vegetables and then turn out onto a serving platter.
7. For the dressing: Combine the lemon juice, pomegranate molasses and olive oil.
8. Serve before the duck cools completely. Drizzle the dressing all over, then top with the pomegranate seeds and sliced spring onions.

I'm having a little revival in my old age, it's exciting

PRUE LEITH had barely written a recipe in 25 years. For more than two decades, the culinary mind of the legendary Prue Leith – the woman who set up the prestigious Leiths Cookery School and London restaurant of the same name – lay pretty much dormant. And then she found herself appearing on the Great British Menu, replacing Mary Berry on the Great British Bake Off, and “pinching” recipes from the contestants. Telly provoked her interest in cooking again, and she found a whole new audience interested in her.

“When I stopped writing cookery books 25 years ago, half the people who are now watching Bake Off weren’t even alive,” she notes dryly. These people, as well as faithful Leith fans, are fully catered for in her new cookbook, *Prue: My All-time Favourite Recipes*.

Packed with classics like roast pork and cottage pie with black pudding, the South African cook is also sharing fresher, zingier dishes, like baked sea bass with samphire and cucumber, Colombian chicken, and potato soup and burrata with kumquats.

While Bake Off has encouraged her to start inventing recipes again, it's also triggered a new interest in cakes. “I’ve never been much of a cake-maker,” muses Prue, 78, who’d only bake them on special occasions. “There wasn’t cake in the house like in my grandmother’s.”

But now there is: “John, my husband, gets quite: [shouting] ‘Where’s the cake?’” Her freezer is now usually stuffed with fruit cake or a lemon polenta (“so

BAKE OFF JUDGE PRUE LEITH TALKS TO ELLA WALKER ABOUT RETURNING TO COOKERY BOOKS, AND WHY HER FREEZER IS FULL OF CAKE



there’s always cake for him”).

Prue is ever prepared with a quick comment or dry remark, however, her (somewhat accidental) catchphrase – “Is it worth the calories?” – might be an abiding principle, but wasn’t meant to be her personal slogan.

“I always judge things by, ‘I don’t care how many calories it’s got, it’s so delicious I’m going to eat it,’ or, ‘It’s a special occasion, it’s worth the calories.’ I won’t eat something which is high in calories and not particularly wonderful, because that’s just not worth it, you feel guilty after,”

There have been developments around eating and cooking over

the past few decades that she does find encouraging though: She believes TV is beginning to prod people to pick up a pan but is adamant there needs to be more focus on learning cookery skills at school, and more support for people who aren’t adept in the kitchen.

“Life has got tougher and tougher for people on a tight budget, so people who have never learnt to cook, who have basically grown up on junk food, it’s really difficult for them to change unless someone will give them a hand,” she says, “because if you can’t cook, you’re not going to risk your benefit money

on something the children won’t eat because they’ve never seen it before.”

Endlessly practical and committed, alongside her Bake Off role, Prue is a patron of the Chefs In Schools charity, which aims to get professional chefs into school classrooms.

“I have never managed to put my feet up, ever,” she notes. “I’m having a little revival in my old age, a kind of renaissance, it’s all very exciting.”

■ **Prue: My All-time Favourite Recipes** by Prue Leith, photography by David Loftus, is published by Bluebird, priced £25.

Cookery writer and presenter Prue Leith has written her first cookery book, inset, in 25 years

I APOLOGISE in advance for my first use of the C-word this year. Yes, that’s right, Christmas.

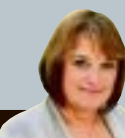
It normally peeps from my keyboard in mid-November and I know we’re only edging towards the end of October, but I celebrated Christmas a few weeks ago. I shared dinner with a lovely bunch of wine people, complete with Christmas hats and crackers. I guess it’s a bit crackers to celebrate the C-word in the autumn but it was fun and gave me lots of wine ideas.

There’s no point holding back on the wine love if I believe you can a) keep these ideas for future festive reference or b) ignore the C-word and pour a glass or two with Sunday dinner any time soon.

Here are a couple of delicious

RAISE A GLASS

WITH JANE CLARE



whites and two very tasty reds which you can tuck away for December or seek out now.

In our C-word event we sipped **Wakefield Estate Riesling 2016** (RRP £12.99, ampswinemERCHANTS.co.uk, 12.5% abv) with prawn cocktail, but you won’t go wrong with Thai food, fish or salads. The Clare Valley in Australia is its home and it has gorgeous lemon and lime characters and shows some age in classic riesling



notes of petrol. Trust me. It may sound odd but it’s amazing. The wine is clean, refreshing, vibrant and has “pezzang” (a word one of my fellow diners used, and I’ve pinched because it’s a perfect description).

I love, love this next wine. **Louis Latour Grand Ardèche Chardonnay** (RRP £13.99, farehamwinecellar.co.uk, majestic.winedirect.co.uk, 12.5% abv) It has the buttery nuances of an oaked chardonnay and is created in the Ardèche region of France, where Louis Latour were the pioneers with this Burgundian style. I think you can guess we sipped it with turkey, but any roast would be a treat. This wine would sit comfortably



poured throughout a meal. It just fits the bill, with creamy, buttery notes of vanilla, slices of apple and dashes of citrus.

OOOS and aahs accompanied the sipping of **Banfi La Lus Albarossa 2015** (RRP £18.99, weaverswines.com, 13.5% abv) Now here’s a grape I’d not heard of before – albarossa. Its parents are barbera and nebbiolo and it grows in the Piedmont region of Italy.

It has an inky-black colour and has a fresh, fruity, lightness of touch. Cherry and plum fruits, and notes of liquorice and vanilla, combine with great structure and acidity to make for a perfect roast dinner wine. (In C-word terms, it even managed to



win the complicated stand-off with cranberries).

Finally, **Henry Fessy Fleurie Le Pavillon 2014** (RRP £13.49, Waitrose, 13.5% abv) is another wine ideally created to see you through all your roast dinner (and Christmas) wishes. It has a nose of red fruits, slashes of spice, pepper, and a good acidity. Sprouts, I said. Not in a derogatory way, aimed at anyone in particular, but because it would be a great match to their savoury woodiness. When you roll out the cheese board this wine will also tilt its head to one side and say, bring it on, I’m made for this.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.



INGREDIENTS: (Makes 8)

300g floury potatoes, peeled; 1 medium egg, beaten; 3tbsp coriander leaves and stalks, finely chopped; ½ green chilli, finely chopped; 300g salmon fillet, skinned and cut into 1-2cm cubes; 3cm piece of ginger, peeled and finely grated; finely grated zest of 1 lime; 1 lemongrass stem; 3-4tbsp dried breadcrumbs; 2tbsp sesame oil; 1tbsp unsalted butter; salt and pepper to season

For the dipping sauce: 4tbsp rice wine vinegar; 1tbsp mirin; 2tbsp Thai fish sauce (nam pla); juice of 1 lime; 1tsp honey; ½ red chilli, deseeded and very finely chopped

METHOD:

1. Cook the potatoes in salted water until tender, about 20 minutes. Drain well, and while still hot, crush (rather than mash) and allow the steam to escape – the drier the mash, the firmer your fish cakes.

2. Leave the mash to cool before stirring in the egg,

coriander and green chilli. Generously season with salt and pepper. Set aside.

3. While the potatoes are cooking, whizz the salmon, ginger and lime zest in a food processor until they form a thick paste.

4. Peel the outer layer of the lemongrass and discard. Cut the stem in half lengthways and chop as finely as you are able. Add to the salmon paste, then add the salmon mixture to the cooled potato,

combining well. Divide the mixture into eight and shape into patties.

5. Dip each one into the breadcrumbs to coat and put onto a large plate or baking tray. Chill in the fridge for at least an hour to firm up the fishcakes.

6. Place a large, heavy-based frying pan over a medium heat. Heat the sesame oil and butter together in the pan until beginning to foam, then fry the fish cakes in batches, until golden on both sides.

7. For the dipping sauce: combine all the ingredients and pour into a small serving dish. Serve the hot fish cakes with the dipping sauce.

SAVOURY CAKES

'ALMOST THAI'
FISH CAKES

**INGREDIENTS: (Serves 4)**

1kg ripe, plum tomatoes; 3tbsp olive oil; 1tsp fennel seeds; 1 large onion, diced; 2 large garlic cloves, sliced; 150ml full-fat creme fraiche (half-fat will split during cooking); a large handful of summer herbs, roughly chopped (dill, basil and parsley); salt and pepper to season; grating of parmesan or vegetarian hard cheese to serve; **For the potato gnocchi:** 500g potatoes, peeled; 250g plain flour; 1 medium egg, beaten; salt

METHOD:

1. Heat the oven to 180°C/fan 160°C/gas mark 4.

2. Halve the tomatoes lengthways and put them, cut-side down, in an oiled roasting tin. Sprinkle with most of the oil and the fennel seeds and season with salt and pepper. Roast for one hour, turning over halfway through cooking. When cool enough to handle, cut each into smallish pieces with scissors.

3. Meanwhile, fry the onion gently in one tablespoon oil for four to five minutes until

**CLASSIC ITALIAN**

FRESH GNOCCHI
WITH TOMATOES
AND SUMMER HERBS

soft. Add the garlic and fry for a further minute. Set aside.

4. For the gnocchi: boil the potatoes in salted, simmering water until tender. Drain, mash, taste and season well. Mix in almost all the flour and the egg. Flour your hands and knead into a ball. Using more flour to prevent sticking, roll out into long batons 2cm thick. Cut these into 2cm pieces.

5. Cook the gnocchi for exactly three minutes in boiling water, then drain and spread on a clean tea towel, separating them to prevent sticking.

6. For the sauce: Tip the

tomatoes and their juices into the onion pan and add the creme fraiche and herbs. Very gently, combine until everything is evenly distributed. Check the seasoning, then stir the gnocchi into the sauce and serve with the Parmesan.

7. TIP: To get the traditional gnocchi shape, put a table fork, preferably one with four tines, face down on a board so the tips of the tines touch the board. Shape each piece of dough into a ball and roll it gently down the tines of the fork to make grooves in its surface. You should end up with a rugby-ball shape with indentations running around it.

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£219**	£219	£600*	£15,540	£14,721	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£17,145	£6,033	5,000*	48 MONTHS	3.83%	3.9%



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£249**	£249	£1,700*	£21,442	£19,493	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
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BEAUTY COUNTER



All you need to know about cruelty-free cosmetics

KATIE WRIGHT LOOKS AT THE GROWING MARKET IN VEGAN BEAUTY

IF YOU'RE one of the thousands of people who've decided to cut out meat, dairy, eggs and all other animal-derived foods from your diet, you might not yet have considered that the products on your bathroom shelf don't necessarily adhere to your new lifestyle.

Animal ingredients in cosmetics aren't always easy to spot, but more and more companies are committing to remove them, and that can benefit not only those creatures, but also us humans too.

"Choosing cruelty-free skincare is something that everyone can do and helps to prevent unnecessary animal suffering," says Charlotte Vohtz, founder of Green People.

And if you choose wisely, you won't have to compromise on quality – as long-term Eveganlife veterans can attest.

Here, Charlotte talks us through the vegan beauty basics, and we round-up the best plant-powered skincare, hair and make-up buys...

WHAT ARE THE BENEFITS OF USING VEGAN BEAUTY PRODUCTS?

"SKINCARE that has been approved by the Vegan Society will not have been tested on animals or contain any animal by-products.

"Green People's vegan range is Vegan Society certified and is also plant-based. This means that each product contains a complex of plant (phyto) actives, which restore the skin's pH and moisture balance, without the need for added harsh chemicals, known to have a detrimental effect on the skin."

ARE VEGAN PRODUCTS BETTER FOR THE ENVIRONMENT?

"ANIMAL welfare aside, by simply going cruelty-free, you won't be affecting your environmental impact through your cosmetic choices.

"To help preserve the planet and

support the growth of our natural world, look for products that are certified cruelty-free and organic.

"This way, you can be sure the products you put on your skin are produced in an environment that won't harm our planet for future generations."

WHAT ARE THE MOST COMMON ANIMAL-DERIVED INGREDIENTS FOUND IN BEAUTY PRODUCTS?

"SOME of the most commonly-used animal ingredients are fatty acids derived from tallow or lard. These include stearic acid, palmitic acid and oleic acid, all of which can be extracted from animal fats obtained as slaughter-house by-products.

"Milk is also used as a source of some ingredients, such as the proteins casein and albumin, and lactic acid, which is sometimes used

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cleanser
complexion
purifier £16,
tropicskin
care.com



Axiology lipstick in attitude
£22 – currently reduced from
£24, contentbeautywellbeing.com



Skyn Iceland
pure cloud
cream £48,
Marks and
Spencer



Hourglass
ambient
lighting edit
volume 4
£69, John
Lewis



to adjust the pH balance of skincare products.

"Keratin helps make your nails and hair strong and healthy, but can be derived from ground-up horns, hooves, feathers and animal hair.

"Love the wobble of your jelly face mask and jelly cleanser? Much like the jelly in desserts, jelly-based skincare can be made of gelatine, a protein obtained by boiling animal carcasses with water."

ARE THERE INGREDIENTS THAT PEOPLE MIGHT NOT KNOW COME FROM ANIMAL SOURCES?

"AS Korean beauty has risen in popularity, so has the use of snail secretion as an anti-ageing ingredient in moisturisers, serums, face masks and foundations. Harvesting the ingredient is thought

to cause the snails distress, as they produce secretion as a response to feeling threatened.

"70,000 female cochineal beetles are boiled and crushed to produce one pound of carmine, a red dye which is used in lipsticks, eyeshadows and nail varnishes.

"Lanolin is a water-repelling ingredient often found in balms and salves, and is a wax secreted by the sebaceous glands of sheep and other wool-bearing animals.

"Squalene is derived from the livers of deep sea sharks, which are threatened with extinction. It's uncommon to find it in cosmetics these days, but can be found in some moisturisers."

WHAT VEGAN ALTERNATIVES ARE USED FOR THESE INGREDIENTS, AND HOW DO YOU ENSURE THE QUALITY OF THE PRODUCTS IS MAINTAINED?

"THE alternative ingredients we use include squalene instead of squalene, quinoa in place of keratin and natural oils in place of tallow.

"We maintain the quality by formulating our products using only certified organic plant actives known for having beneficial properties.

"We also never compromise the quality of our products by adding synthetic ingredients such as SLS, parabens or silicones."

Elizabeth and
James Nirvana
amethyst eau de
parfum £69, The
Perfume Shop



Yope Yunnan
shower gel
£7.99, Natures
Healthbox.co.uk



Boutique
convertible
eye & cheek jelly
in cinnamon £4,
Sainsbury's



SO, which mask is muddy brilliant when it comes to purifying pores and smoothing skin? We find out...

■ Murad Blemish Control Clarifying Mask £38, Debenhams

This promises to draw out impurities and minimise breakouts and boy was I broken out when I started using it. Thankfully it really delivers. After a few days of use my hormonal spots had really calmed down. Wouldn't recommend for regular use though if your skin is clear.

★★★★★



■ Talika Masque A L'Argile Rose Pink Clay Sheet Mask £??

Words in here from Nisha

★★★★★



■ Sanctuary Spa Diamond Dust Refining Scrub Mask £12

Using purifying French rose clay this promises to give skin and pores an intensive clean. It goes on in a thin layer, which you leave on for up to 15 minutes, then rinse off. It is not harsh at all and left my skin felt squeaky clean and looking brighter.

★★★★★



■ Charlotte Tilbury Goddess Skin Clay Mask, £38, charlottetilbury.com

Who wouldn't want goddess skin? Not sure I entirely got that but this stuff works absolute wonders on tired skin and helped reduce blemishes too. Win, win. It is not cheap but a little goes a long way and skin is genuinely soft and glowing in a matter of minutes.

★★★★★

LESS mess than a traditional charcoal mask that comes in a jar or a tube. It's convenient for the days your skin feels congested, and your pores need a good clear out, but you want a mask that's going to be easy to use, with little faff.

LEFT my skin feeling smooth, and brighter looking.



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Sailing from Tilbury on board Columbus				
German Christmas Markets	5 Dec 2019	5	£589	Free
Christmas Market to Antwerp	9 Dec 2019	3	£299	Free
German Christmas Markets	11 Dec 2019	6	£739	Free
Festive Getaway Amsterdam & Antwerp	16 Dec 2019	4	£449	Free
Christmas & New Year Canaries & Madeira	21 Dec 2019	17	£2,799	Free
Amsterdam & Antwerp	5 May 2020	4	£449	Free
Grand British Isles Discovery	8 May 2020	12	£1,849	Free
Sailing from Tilbury on board Marco Polo				
Hidden Baltic Treasures	1 Oct 2019	12	£1,699	Free
Iceland & the Northern Lights	12 Oct 2019	13	£1,799	Free
Norway & the Northern Lights	24 Oct 2019	14	£2,099	Free
Sailing from Tilbury on board Magellan				
French Festive Getaway	8 Dec 2019	5	£589	Free
Caribbean, Canaries & Mexico	15 Dec 2019	27	£4,429	Free

2019 & 2020 Cruise programme	Departs	Days	Full fare first person	Second person
Rotterdam Whitsun Holiday Break	23 May 2020	3	£299	Free
Sailing from Bristol on board Marco Polo				
French Christmas Markets	8 Dec 2019	6	£709	Free
Festive Dublin Overnight	15 Dec 2019	4	£449	Free
Festive Dublin & Cogh	18 Dec 2019	4	£449	Free
Christmas & New Year Canaries & Madeira	22 Dec 2019	16	£2,519	Free
Grand African & Indian Ocean Voyage	6 Jan 2020	79	£13,519	Free
Azores, Madeira & Portuguese Highlights	24 Mar 2020	15	£2,129	Free
Easter River Seine Experience	7 Apr 2020	8	£1,069	Free
Treasures of the British Isles & River Seine	14 Apr 2020	12	£1,759	Free
Portugal & Seville Fiesta	25 Apr 2020	14	£1,999	Free
Sailing from Liverpool on board Magellan				
Iceland, Faroes & Land of the Northern Lights	13 Oct 2019	14	£2,039	Free
River Seine Experience	27 Oct 2019	7	£939	Free

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BREAKTIME

Pathfinder
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Chat show hosts

M	V	I	N	O	G	R	Y	E	S	A	N	T	H	M
I	A	D	A	L	U	A	D	L	E	L	A	I	S	E
C	H	E	M	C	A	P	E	L	R	E	C	T	R	L
E	A	R	Y	C	A	H	N	G	E	N	H	M	A	A
L	M	C	T	L	L	C	D	E	S	E	K	E	I	N
A	Y	I	N	D	A	R	U	H	J	O	Y	S	F	R
L	L	N	A	M	V	I	E	C	A	N	O	S	S	A
L	I	L	E	R	L	D	T	T	T	N	R	S	K	N
E	E	S	T	T	E	R	L	O	H	A	I	K	R	I
N	D	O	C	C	H	A	O	N	O	R	N	A	T	C
L	E	A	O	N	O	T	R	M	P	E	N	P	K	K
P	A	H	N	N	R	A	H	A	R	A	T	Y	I	E
K	R	C	I	O	G	N	O	I	W	H	R	C	O	L
I	O	N	M	R	B	R	T	N	E	Y	E	H	D	T
N	S	F	E	R	N	I	T	F	R	J	A	C	K	Y

Split Decision
Cross out one of the two letters in each divided square to reveal a completed crossword grid.

C	H	Y	C	J	A
E		E		P	E
O		J		B	
R	A	D	D	Y	O
S	H	A	I		
D		S		C	S
T		C			
S	T	M	E	G	P
A					H

Sudoku
There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

1				3				8
	9		8		5	4	3	
8	5	3		4		6		
		2			3		4	
	4		2	7	9		6	
3			1			5		
	8	6		9		3	7	
		5		2	8		9	
7			3					4

Hard

9				5				4
	8			6			2	
		1				7		
		5	4		7	9		
8								7
		9	3		2	1		
		6				4		
	7			4			1	
2				3				6

Two Speed Crossword
This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic

Across

- Bird wearing headgear? (5)
- Kind of clothes in which to put to sea (4-3)
- This will disperse the mob in full cry (4,3)
- Brown figure decapitated (5)
- What down-to-earth people do (4)
- This involves sportsmen in a row (4,4)
- 13 & 17Ac. Not punished for a loose version of Sir Walter, we hear (4-4)
- Go to be married round the north (4)
- Higher one in charge of those who have taken orders (8)
- See 13 Across.
- Fail to grasp a vague epithet (5)
- Lifeless waters (4,3)
- Disconcerted by what the snake did? (7)
- A piece of material is left (5)

Down

- Dishonest stock-taker (6,7)
- One in a scheme having no attractive features (5)
- Constantly finds fault with hacks (4)
- Co. must change to regular trade (6)
- Sinks the coal vessels (8)
- Going to sea, as the directors are (2,5)
- Pressed to get a higher rate? (6,3,4)
- Pressed to alert those inside! (8)
- Back to drink wine (7)
- Charged for being drunk (6)
- They are used for sprinkling flowers (5)
- A smoke screen to become wearisome (4)

1		2		3		4		5		6		7
8								9				
10						11						
						12						
						13				14		
										15		
16												
										17	18	
20										19		
										21		
22												
										23		

Scribble pad

Quick

Across

- Fowl (5)
- Abandoned (4-3)
- Blinding vapour (4,3)
- Brown pigment (5)
- Touch shore (4)
- Event in a regatta (4,4)
- N. Briton (4)
- Travel (4)
- Of high worth (8)
- Release (4)
- Lax (5)
- M. Eastern lake (4,3)
- Shook (7)
- Fine cotton (5)

Down

- Cow thief (6,7)
- Clear (5)
- Scolds (4)
- Tradition (6)
- Hurries (8)
- In a ship (2,5)
- Increased the speed (6,3,4)
- Means of announcing one's arrival (8)
- Bear (7)
- Charged (6)
- Flowers (5)
- Shroud (4)

Codeword
This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

8	4	3	6			8			17	23	5	8
	21			12	24	11	21	19		13		5
13	4	4	24	21		23		3	23	19	13	23
	5			4		21		6		4		24
	26	3	25	13	8	16	24	4		13	18	18
8				17		5				11		18
10	13	17	23	12	10		2	17	11	7	17	12
25		15				15		8				13
25	17	19		1	12	17	6	12	13	8	8	
13		3		12		9		13			5	
5	13	25	16	3		17		13	22	24	17	12
23		13		18	23	17	8	16			14	
10	17	4	7			23			1	12	13	20

ABCDEFGHIJKLMNOPQRSTUVWXYZ																											
	2	3	4	5	6	7	8	9	10	11	12	13															
4	15	16	17	18	19	20	21	22	23	24	25	26															
			A												R												

Wordsquare
Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:
15 words - average; 20 words - good; 25 words - very good; 30 or more - excellent.

E	S	T
T	N	I
I	A	A

Quiz

- Fern Britton hosted which daytime TV cookery show from 1994 to 2000?
- Which American composer is famous for his writing partnerships with Lorenz Hart and Oscar Hammerstein II?
- The Court of Tynwald is the Parliament of which dependency of the British crown?
- Of which North African country was Hassan II king from 1961-1999?
- Which scale is commonly used to measure the intensity of earthquakes?
- In which Spanish city were the 1992 summer Olympics held?
- Which infectious tropical disease is transmitted by the female Anopheles mosquito?
- What name is given to the protective outer layer of the stems and roots of woody plants?
- What was the former name of Ciudad Bolivar, associated with bitters used to make pink gin?
- Which French actress starred in the films And God Created Woman and Shalako?



Q1 - Fern Britton

LAST WEEK'S SOLUTIONS

Pathfinder
Jackson Pollock, Henri Matisse, Paul Klee, Damien Hirst, Edward Hopper, Wassily Kandinsky, David Hockney, Frida Kahlo, Max Ernst, Mark Rothko, Francis Bacon, Salvador Dali, Marcel Duchamp, Andy Warhol, Willem de Kooning, Tracey Emin, Pablo Picasso, René Magritte, Sarah Lucas, Man Ray.

Two-Speed Crossword
Across: 3 Obviously; 8 Mode; 9 Snapshots; 10 Agreed; 11 Flirt; 14 Inter; 15 Trio; 16 Sight; 18 Noon; 20 Aspen; 21 Night; 23 Denial; 25 Histories; 26 Eggs; 27 Presently.
Down: 1 Impatient; 2 Adoration; 4 Band; 5 Impel; 6 Unhurt; 7 Lots; 9 Seers; 11 Fight; 12 Trappings; 13 Boundless; 17 Tames; 19 Ninths; 22 Heron; 23 Pier; 24 Deal.

Wordsquare
PROMINENT

Sudoku

8	5	3	2	4	6	9	1	7
2	1	6	5	9	7	3	4	8
4	7	9	8	3	1	2	6	5
1	4	8	9	6	3	7	5	2
6	3	5	1	7	2	4	8	9
7	9	2	4	5	8	6	3	1
5	8	4	6	2	9	1	7	3
9	6	7	3	1	5	8	2	4
3	2	1	7	8	4	5	9	6

3	1	9	8	7	5	2	6	4
2	4	5	6	3	1	8	7	9
8	7	6	4	9	2	3	5	1
4	9	3	1	6	7	5	8	2
1	6	8	2	5	9	4	3	7
7	5	2	3	4	8	9	1	6
5	2	7	9	8	6	1	4	3
6	3	1	5	2	4	7	9	8
9	8	4	7	1	3	6	2	5

Split Decision

S	A	L	E	S
L		L		E
A	D	A	G	E
N		M		D
G	R	A	S	S

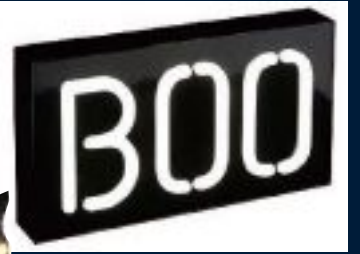
Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
S	X	H	C	Q	O	P	I	F	J	V	W	Y
14	15	16	17	18	19	20	21	22	23	24	25	26
M	E	D	Z	R	A	B	G	K	L	N	T	U

25-10-2018

ESSEXLIVE/PROPERTY

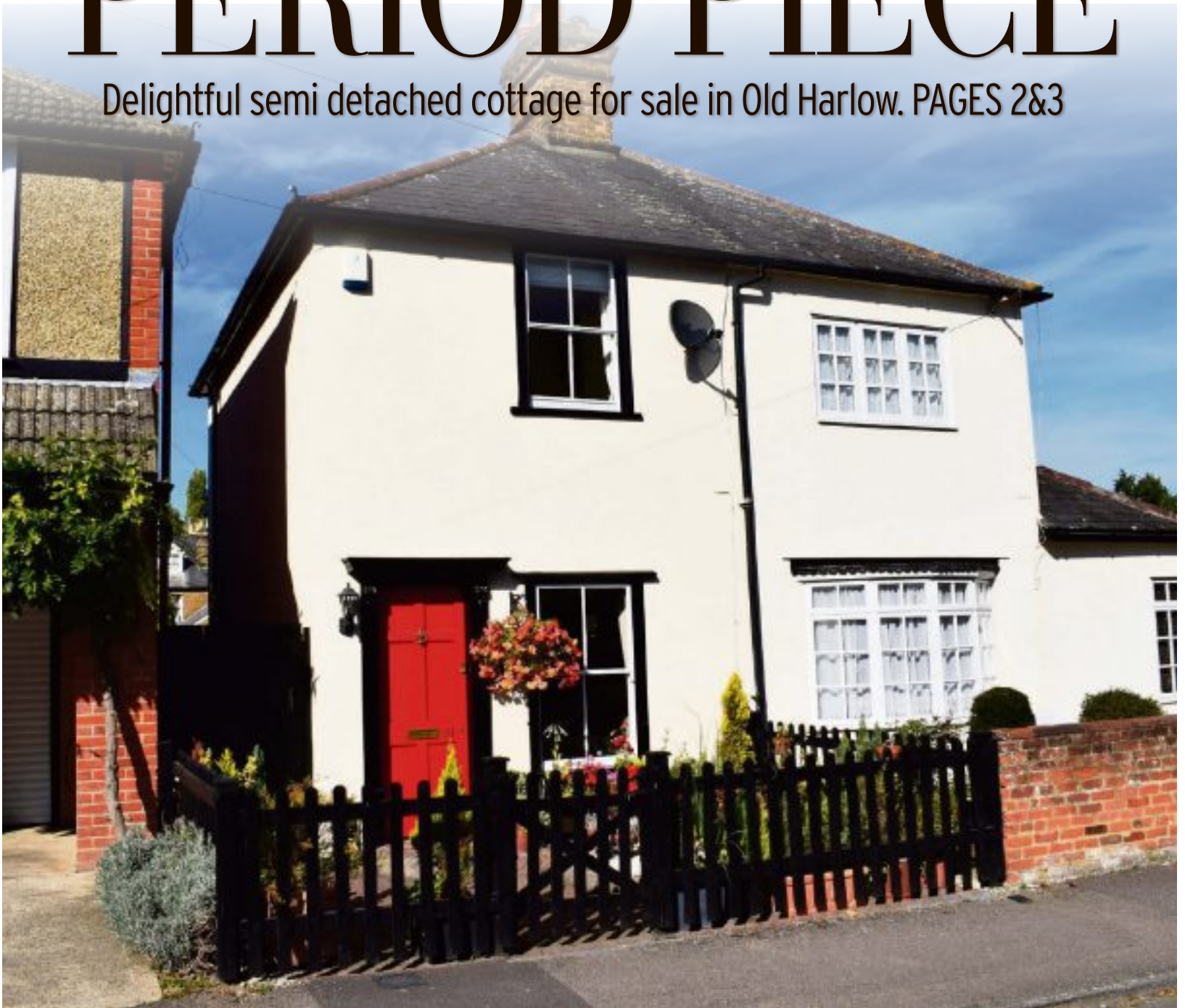
PROPERTY & LIVING



DOOM IMPROVEMENTS
It is possible to make a home
trick-or-treat ready without
being tacky
PAGES 37&38

PERIOD PIECE

Delightful semi detached cottage for sale in Old Harlow. PAGES 2&3



HOT HOUSE



THE HEART OF OLD HARLOW



This attractive two bed semi in New Road, Harlow has just popped up on the market for you to buy for £330,000

Located in Harlow Old Town's conservation area on New Road, this Victorian-period house is set among houses from the same era.

While retaining its old look on the outside, the home has been lovingly restored and fitted with modern furnishings inside, without losing any of its character.

It is perfect for couples and small families, and with three train stations only a short distance away, the property is also ideal for commuters.

Step inside and you'll find a cosy

reception room complete with a rustic brick-built fireplace.

One of the best features of the house which estate agents have pointed out is the stunning ground floor bathroom. At the rear of the property, you'll find a small but beautiful courtyard garden, the perfect place to unwind and enjoy al fresco dining in the warmer months.

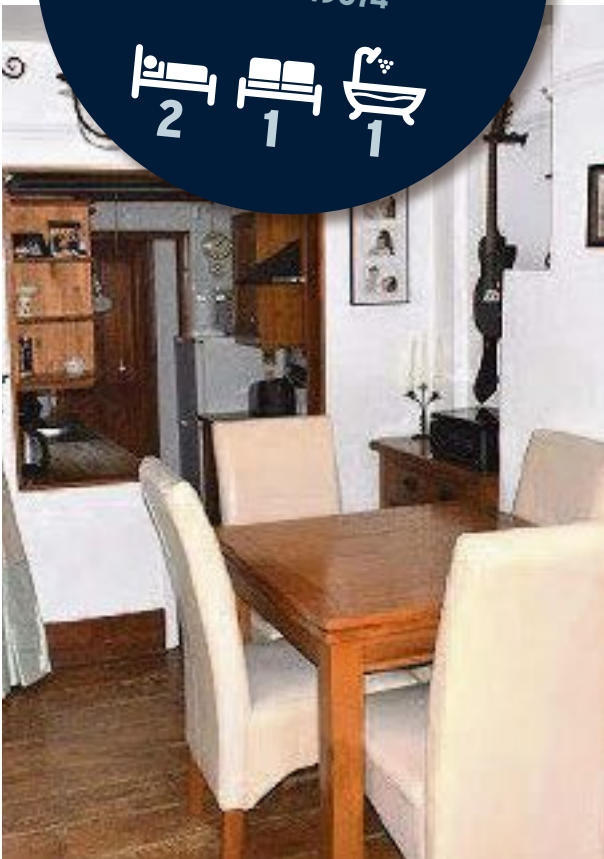
There are also five schools within a mile's radius.

It is valued at £330,000. For more information or to book a viewing, call Howick and Brooker on 01279 949074 or visit their website at hbproperty.co.uk



SELLING POINTS

Address... New Road, Harlow
USP... Two bedrooms, Victorian period, courtyard garden, semi detached house
Price... £330,000
Agent... Howick & Brooker on 01279 949074



YOUR HOME

HOUSE OF HORRORS

Want to set the scene for fright night - without being terrifyingly tacky? **GABRIELLE FAGAN** conjures up some devilishly good ideas for you

Halloween might be all about shock and horror - but when it comes to decor, it really can be the stuff of nightmares. Thankfully though, you don't have to welcome in the goblins of bad taste and overdose on the ghoulish and garish. It is possible to make a home trick-or-treat ready without being tacky, and embrace a scarily stylish look instead.

A little bit of creepy can go a long way - a skull here, a bat there, or even a black tree hung with spider baubles (it may send a shiver down your spine but trees are no longer just for Christmas!).

If that's too tame and the dark side is really calling, think of dipping into dark decor - black is so back in favour - or make it macabre with a ghostly graveyard wall mural.

The most successful decor brew, which will delight long beyond the fright night, is a wicked mixture of deadly night shades, drama and witty details that don't scream Halloween...

DECORATE WITH DEVILISH TOUCHES

Christmas no longer has a monopoly on trees - Halloween is grabbing a slice of the decor action. This wicked focal point for the festivities is reportedly inspired by a nursery rhyme which tells of a haunted tree.

Planted in a land of haunted houses, it was taken care of by ghosts and goblins and grew into a Halloween tree, complete with scary branches and monsters and zombies inside its trunk.

Treat your tree to a selection of ghoulish baubles, to celebrate the dark arts and a little black magic.

CREATE A ROOM THAT RAISES THE SPIRITS

"Think beyond orange, witches and lanterns - symbols of the night itself - and you could use the festival as inspiration for embracing dark interiors," suggests Jenny Hurren, founder of Out There Interiors.

"They're at the forefront of style these days, as people increasingly recognise that a moody palette offers a romantic feel that's elegant and oozes luxury."

"Start by choosing dusky paint shades and dark-toned wallpapers to create a statement backdrop. Deep black, burgundy and purple are go-to colours, as they add depth and drama to any living space."

Incorporating rich, sumptuous velvet for upholstery and soft furnishings, and featuring accessories in jewel tones to

add eye-catching pops of colour will bring the scheme to life, she adds.

Sainsbury's Home Halloween collection of accessories is an easy, inexpensive way to take a trip to the Twilight Zone. Our favourites includes a black candelabra, £15; black raven, £4; colour-changing pumpkin light, £4.50, and colour-changing ghost, £2.50, plus a boo light, £15.

■ **Decor tip:** If a scheme's too sinister for your taste, bring light and warmth with fashionable metallic gold and brass touches, or for more magical decorative detail, pair shimmering silver touches with deep, dark florals.

CONJURE A BLOOD-CURDLING BANQUET

Make an evening feast fang-tastic, with a creepily creative table setting. Skulls, skeletons and creepy-crawlies are all vital ingredients for a spooky supper, and candlesticks or lit pumpkins could cast a ghostly glow on the scene.

CREATE A ROOM THAT RAISES THE SPIRITS

Halloween mural from the 'Extended' range at Wallsauce: 'Peel and Stick' wallpaper, from £36/m²



DECORATE WITH DEVILISH TOUCHES

John Lewis' Halloween range includes: Pre-lit Halloween tree (60cm), £22; Decorative glass skulls (pack of four), £18; Halloween sequin bat hanging decoration, £2.50; Pol's Potten drip candlesticks, £72-£150; Premier Decorations lit tombstone with sound (60cm), £40; Premier Decorations 'Day of the Dead' plaque (30cm), £12, John Lewis



Decorative glass skulls, pack of four (above), £18, and pumpkin spider tinsel wreath (right), £18, John Lewis

Hanging Halloween tinsel spider (left), £5, and Halloween hanging 'Boo' sign (right), £3.50, both Sainsbury's



100 amber LED connectable fairy lights clear cable, £25; Jaunty Jack lifesize LED pumpkin, £12.99; 2 purple glitter LED glitter candles, £3.99; 3 charcoal black tissue paper pom poms, £1.99; 60g white spider web and 6 spiders, £1.99; 24 black plastic spiders 5cm size, Halloween decoration, 99p, all Lights4Fun



Sainsbury's Home Halloween Collection: Hanging Boo sign, £3.50; Animated spider, £12; Small colour-changing ghost, £2.50; Black candelabra, £15; Boo light, £15; Black raven, £4; Skull goblet, £3.50 each; Skull mug, £3.50 available online and in stores



Cat Lamp, £205, Out There Interiors



The Spirits silver pumpkins, set of three, £4.99, Homesense

Boo Halloween neon light, £14.99, Lights4Fun



The Spirits sugar skull cushion, currently reduced from £15.99 to £7.99, Studio

CONJURE A BLOOD-CURDLING BANQUET



Talking Tables Skeleton Crew range includes: Paper plates (pack of eight), currently reduced from £3 to £1.20; Paper napkins (pack of 20), currently reduced from £2.92 to £1.26; Bug scatter decoration, currently reduced from £2.92 to £2.40; Party porcelain gold champagne flutes, £2 each; Gold cutlery, £7; Baroque skeleton cocktail napkins 'Creep It Real' (pack of 16), £3.50, all Talking Tables

Halloween melamine plate, £3.50, Marks & Spencer



Halloween felt spider web placemats, pack of four, £8, John Lewis



Black skull/snake candle holder, £410, Out There Interiors



Halloween candles, £9.99, Lights4Fun

Where to buy: homesense.com; johnlewis.com; lights4fun.co.uk; marksandspencer.com; outthereinteriors.com; sainsburys.co.uk; studio.co.uk; talkingtables.co.uk; wallsauce.com

* PRICES CORRECT AT TIME OF GOING TO PRINT. OFFERS AVAILABLE WHILE STOCKS LAST



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YOUR LOCAL PROPERTY EXPERTS



HOME ADVICE

With Alex Neill of Which?

More of us are improving than moving. But where do you find the cash for an upgrade?

Are you spending your savings?

IN ASSOCIATION WITH

Which?

Homeowners are improving rather than moving. But many households are raiding savings to fund home improvements. And that could rip away their rainy-day funds comfort blanket.

Insurance is not always the solution. It only pays out if there is a sudden incident such as a lightning strike – it will not give a penny if the problem is due to old brickwork letting in damp or a worn-out roof.

According to AA Financial Services, the insurance arm of the road rescue organisation, the average UK household spent £2,634 on home improvements from July to September. But that figure hides everything from £26 for a coat of paint to £26,000 and more for new kitchens, bathrooms and bedrooms.

It adds up, the AA calculates, to £71 billion – with just under half



Insulation and central heating are worthwhile having – but not cheap

funded from rainy day accounts. Despite an interest rate rise, returns on savings are still almost invisible and below the rate that prices are rising, so many households reckon it's better to spend than save and will worry about that rainy day when it happens.

Scotland has the highest number of savings raiders – with 55 per cent of projects north of the border financed this way.

But there are other ways of funding home upgrades without raiding savings or opting for credit cards.

Borrowing from parents – the Bank of Mum and Dad, although some ask sisters and brothers – has overtaken formal loans with nearly one in five financing major work

with cash from the family.

Usually, no interest is involved – and sometimes, those lending the money can be vague about repayment schedules.

One popular job at this time of year is winter-proofing the home. Low cost tasks include door and window draught-proofing – often just a roll of sticky-backed foam.

But there are still many homes where loft insulation is non-existent or inadequate. The average household spent just over £2,000 on this. Some laid out on improvements to plumbing – these typically involved £1,300 with Londoners most likely to upgrade water systems, probably due to the capital having the oldest housing amongst big UK cities.

BEFORE YOU START

■ Credit cards are convenient but expensive for larger projects. They are fine for small jobs such as redecorating – especially if you pay off the amount in full.

■ If you lend to members of your family, it's best to create a repayment schedule at the start to avoid arguments later on.

Equally, it's easier to borrow from parents or others if you offer them a clear and regular stream of repayments.

■ Always check the cost of bank loans before undertaking costly upgrades. They are almost always more affordable than credit cards.

■ Upgrading the electronics in your home does not count as a real home improvement because you can generally take them if you leave. And the average lifespan of new gadgets is low.

■ Don't over-improve unless you intend to stay – subsequent purchasers probably won't appreciate top grade everything – or pay for it...

■ If you raid rainy-day funds, be sure to put the cash back as soon as possible.

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YOUR HOME

When it comes to DIY, some rooms are easier to tackle than others. Kitchens are best left to the experts, and bathrooms – aside from a bit of resealing – can often be the same.

One easy update that is simple to do, however, is splashbacks. They sit behind the sink and are essential to stop water being sprayed everywhere when hands, fruit, vegetables and whatnot are washed. It is tiling, but it tends to be quite a small area, so should be achievable for most people.

"Adding a splashback is a great way to inject a touch of personality into your kitchen, by creating a focal point," says Sian O'Neill, head of marketing at Topps Tiles. "It's also a very cost-effective way of updating the appearance of a room and giving it a new look, just by making some small changes."

WHAT YOU WILL NEED

There are a few things to keep in mind when tiling your own splashbacks. Firstly, says Sian, ensure you have all the right equipment – including the correct adhesive, a notched trowel, safety goggles, spirit level, tile spacers and a cutter. Next, make sure you work out how many tiles you need by measuring the area and adding 10% for any cuts and wastage.

CHOOSING YOUR TILES

"As splashbacks create a focal point, they lend themselves to more vibrant colours or patterns to make a real statement," notes Sian. "They also provide the ideal canvas to be brave with statement shapes, so consider the lay pattern before you start."

A herringbone style, for example, can add real interest to the area and create a unique look.

"Block colours can offer a classic and timeless look, while intricately patterned tiles create more of a contemporary finish," she adds. "And when it comes to the type of tile, ceramic or porcelain tend to be more favourable than the likes of natural stone, as they are lower in maintenance – an important consideration given the fact your splashback needs to be water resistant and less susceptible to staining."

Make a splash

Kitchens and bathrooms are the most important rooms in the house, and a little DIY can bring them bang up to date. **CLAIRE SPREADBURY** learns to tile

A tiled splashback is a reasonably simple way to update a kitchen

THINK ABOUT THE GROUTING

Not many of us have spent much time deliberating grout, but there are different colours available and choosing the right grout can really enhance the overall effect. "It's important not to overlook the colour of the grout chosen, as this can provide the all-important finishing touch. Darker grouts can offer lower maintenance compared to the traditional white, when used in areas with high activity or likely food splatters," says Sian.

PREPARING AND TILING THE WALL

"When you have your tiles and all the necessary tiling equipment, prepare the wall to ensure it is smooth, clean, completely dry and free from any dust or debris," says Sian. "Apply an even layer of adhesive to a tiling or notched trowel, and starting from the corner, spread the product over the area of two or three tiles at a time. Place the tiles firmly on the adhesive, using spacers to create an even layout."

"Allow your tiles to dry for 24 hours, and then fill the spaces between each tile, using grout and a grout float tool. Pushing the grout deep into the joints will prevent moisture from getting behind the tiles, which is particularly important in kitchen areas."

"Once finished, wipe down your tiles with a clean, damp sponge, working at a 45-degree angle down your surface."

And that's it! Leave everything to properly dry, then show off your handy work to all your friends and family.

For further expert advice, trends and tips, visit toppstiles.co.uk



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YOUR GARDEN

With Diarmuid Gavin

SWITCH ON TO BULBS

Inspired by Danish guru Claus Dalby, Diarmuid outlines his colourful plans for every season

There's a gardener on Instagram called Claus Dalby. He's based in Denmark where he's quite the garden celebrity. His speciality on the photo sharing site is displays of pots which he tiers using small stands at the gates of his premises.

Every season he picks a different theme and every spring I'm mesmerised by the incredible theatrical display he achieves.

He invests a lot in pots, good compost and bulbs.

The bulbs are planted at this time of the year and kept behind the scenes until that dramatic spring day when he builds his picture.

It's made me realise that if you do bulbs, go big, and that's what I've decided to do this autumn in anticipation of next year. I lined up my bulb catalogues, sent off an enormous order and they have just arrived.

First out of the box are the Paperwhite daffodils and they are for indoors. These are multi-head white varieties with the most delicious perfume.

They take about eight to 10 weeks to flower from planting so they'll be ready for Christmas and make a wonderful gift.

Plant shallowly in bowls with the bulbs nearly touching and place somewhere bright but cool – a conservatory is ideal.

I'm adding to my collection of anemones that appear each March under the birch trees. This year I'm planting 'Pink Star' which will integrate with the existing white and blue varieties.



Claus Dalby, above, and one of his spring flower displays, below



I'll soak them in water the night before to ensure they are hydrated before planting two inches deep into the well drained, humus-rich soil beneath the trees.

Undisturbed, these will form clumps and start to create a carpet.

I'm planting up some pots with early flowering Iris, using a gritty free-draining compost. 'Lady Beatrix Stanley' is my choice here, a lovely



'Negrita' tulip



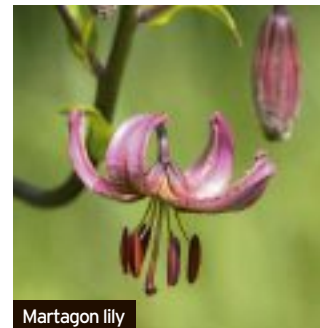
Paperwhite daffodil



'Angelique' tulip



Christophii allium



Martagon lily

rich blue variety smelling of violets.

When planting bulbs in pots, ensure they have drainage holes and layer some pebbles or bits of broken terracotta at the bottom – in general, bulbs do not want to be sitting in soggy cold soil.

Next, put a layer of compost about 5ins down so bulbs have adequate

depth to root into. Place bulbs fairly closely together – they should be planted at a depth of three to four times their height so, depending on the pot size, you may need to layer more compost. Water in and if squirrels are a problem in your area, cover with a wire mesh until spring.

Tulips are beautiful but short-lived so I want plenty to look forward to after them.

Bring on the alliums – I just love their pom-pom heads popping up around the garden. I'm planting Christophii which has lots of small star-shaped metallic – tinged purple flowers and Mount Everest – big and white as the name suggests!

And for something a bit different, I'll use the Sicilian honey garlic Nectaroscordum which has delicate small cream and purple bell-shaped flowers. Plant alliums in full sunshine and well drained soil.

In June, I'm looking forward to the Madonna Lily – big white flowers and great fragrance. These like to be

rich blue variety smelling of violets.

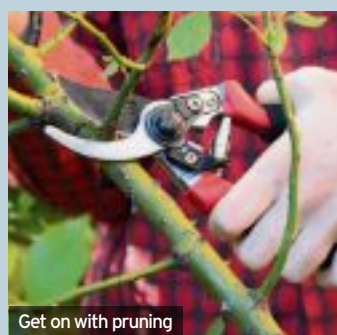
April and May will see pots and pots of tulips. I've bought 50 of each variety for maximum impact. 'Greenstar' has a vase-shaped flower with white petals and a dramatic green stripe. This will contrast well with 'Black Parrot', a really dark maroon tulip with frilly edges. A flash of orange comes with 'Prinses Irene' and then lots more purple with 'Negrita' and the deep purple black 'Queen of the Night' which has grey-green foliage.

There'll be lots of pink too – 'Angelique' is a very delicate shell-like shade, a really divine double late tulip, otherwise known as the peony tulip for its resemblance to that species.

'Sanne' is a delicate apricot pink and my final choice is 'Angel's Wish', a



Big job: Bulbs at the ready



Get on with pruning

Work to be done before winter hits

■ It's a good time for pruning. Inspect trees and shrubs for dead or diseased branches and remove. Leave acers and birches until midwinter because any other time they can bleed sap. Save twigs and branches for Bonfire night.

■ Tender plants like salvias need to be dug up, potted and put in a frost-free conservatory

JOBS FOR THE WEEK

for the winter. Cover the crowns of tender plants you are leaving outside with a thick dry mulch.

■ Ponds need attention before winter sets in. Remove and clean the pump if you have one. Thin out oxygenating plants if these have taken over and

remove any old leaves and debris from the bottom.

■ Wrap up bananas, tree ferns and other tender species you are leaving outside for winter – horticultural fleece or straw with hessian is good.

■ Lift pumpkins for Halloween. Plant out autumn onion sets and garlic bulbs.

Time to lift pumpkins for Halloween





Sicilian honey garlic
Nectaroscordum, left
Madonna Lily, above, and
'Black Parrot' tulip, right



Mount Everest allium



'Prinses Irene' tulip

planted quite shallow so the sun can bake them.

These will be followed by some deep red martagon lilies ('Claude Shride') - in contrast these like to be about 6ins deep in rich soil, and in sun or partial shade.

Neither lily is a good idea if you have cats

as all parts are pretty toxic for them. Other good choices for early summer flowering bulbs are Camassia and Star of Bethlehem.

I've got a busy time ahead of me putting all of these bulbs to bed but I'll enjoy imagining how they will look next spring and summer!

ASK DIARMUID

Q I have had this rubber plant for many years and it has been on the windowsill.

When it started to get heavy I put a stick in to hold it up but now it is starting to overbalance.

What is the best way to try and straighten it up again? I have put it into a slightly bigger pot but it is very strong and I don't think it will ever get



perfectly straight now.

The windowsill is not wide enough to be able to use a much bigger pot.

Mrs B Collar

A Your rubber plant is certainly in robust health - look at those glossy large leaves!

It has outgrown its pot and your intervention with the support may have been too late.

You could prune it back to around half its size, repot (though it won't fit on your windowsill any more) and tie in firmly, perhaps using two stakes, but it doesn't look as if you will ever get it completely straight.

PLANT OF THE WEEK

ASTER 'LITTLE CARLOW'

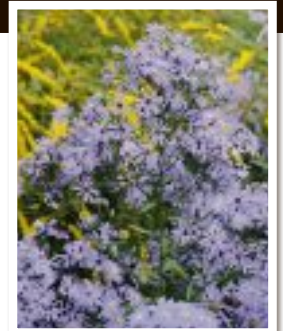
If you like lots of flowers in your garden for as long as possible, consider planting some Michaelmas daisies.

They have been in full swing since September and should see the month out in style.

They can sometimes be effected by powdery mildew, a white fungus that greatly reduces their vigour, so ask for mildew-resistant varieties.

'Little Carlow' is ideal for smaller gardens - compact, bushy and smothered in pale-violet daisies with a yellow eye. Ideally plant in fertile, moist soil in partial shade - sunshine is fine but you don't want the soil to dry out as that encourages mildew.

Cut back when flowering is finished and mulch then or in spring.



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NEW



GUILFORDS, OLD HARLOW £210,000

- Two Bedrooms
- Open Plan
- Well Presented
- Chain Free
- First Floor Apartment
- Desirable Location
- Communal Garden
- EPC Rating: C

NEW



BERECROFT, HARLOW £200,000

- One Bedroom
- Lounge/Diner
- Well Presented
- Chain Free
- Detached Bungalow
- Own Rear Garden
- Rarely Available
- EPC Rating: TBC



Woodwards, Harlow £275,000

- Three Bedrooms
- Open Plan Lounge/Diner
- Well Presented
- Private Cul-De-Sac
- Middle Terrace House
- Desirable Area
- Low Maintenance Garden
- EPC Rating: C



NEW PRICE

Crossbill Way, Newhall £267,500

- Two Bedrooms
- En-Suite Shower Room
- Open Plan Living
- Own Balcony
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: B



Abbotsweld, Harlow £267,000

- Two Bedrooms
- Lounge/Diner
- Front Extension
- Driveway To Front
- Terraced Home
- Westerly Garden
- Modern Kitchen
- EPC Rating: D



PURFORD GREEN, HARLOW

- Two Bedrooms
- Lounge/Diner
- Close To Shops
- 40ft Rear Garden
- Terraced Home
- Close To Schooling
- CHAIN FREE
- EPC Rating: C

£249,995



NEW PRICE

CHAIN FREE

MILWARDS, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C

£230,000



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Block
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C

£229,995



SOUTHERN LODGE, HARLOW

- Two Bedrooms
- Residents Parking
- Warden Assisted
- Chain Free
- First Floor Apartment
- Lounge/Diner
- Communal Gardens
- EPC Rating: D

£219,995



COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: C

£215,000



CHAIN FREE

PETERSWOOD, HARLOW

- One Bedroom
- Lounge/Diner
- Immaculate
- CHAIN FREE
- First Floor
- Apartment
- Communal Gardens
- EPC Rating: D

£155,000

NEW **SHARED OWNERSHIP**




BOWHILL WAY, HARLOW **£252,000**

- Three Bedrooms
- Kitchen/Diner
- Modern Home
- Cul-de-Sac Location
- End Of Terrace
- Immaculate Home
- Allocated Parking
- EPC Rating: B

NEW




THE READINGS, HARLOW **£219,995**

- Two Double Bedrooms
- Private Rear Garden
- Conservatory
- Popular Location
- Split Level Maisonette
- Lounge/Diner
- Fitted Kitchen
- EPC Rating: TBC

NEW



Felmongers, Harlow **£299,995**

- Three Bedrooms
- Potential For Drive STP
- Two Receptions
- CHAIN FREE
- Terraced Home
- Desirable Location
- Westerly Garden
- EPC Rating: TBC

NEW



Fesants Croft, Harlow **£294,995**

- Three Bedrooms
- Two Receptions
- Modern Kitchen
- Immaculate Home
- Terraced House
- South Facing Garden
- Popular Location
- EPC Rating: C

NEW



Aynsley Gardens, Church Langley **£289,995**

- Two Double Bedrooms
- Driveway
- Lounge/Diner
- Well Presented
- Semi Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

BARN MEAD, HARLOW



- Three Bedrooms
- Lounge/Diner
- Ground Floor WC
- Chain Free
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

£279,995

NEW PRICE **WESTFIELD, HARLOW**



- Three Bedrooms
- Driveway
- Lounge/Diner
- Chain Free
- Middle Terrace House
- Utility Room
- Popular Location
- EPC Rating: TBC

£275,000

NEW **CHURCHFIELD, HARLOW**



- Two Double Bedrooms
- Modern Kitchen/Diner
- Quiet Cul-De-Sac
- Southerly Rear Garden
- Middle Terrace
- Well Presented Throughout
- Utility Room
- EPC Rating: TBC

£275,000

NEW **ABBOTSWELD, HARLOW**



- Three Bedrooms
- Dining Area
- Modern Kitchen
- Extended Property
- Terraced House
- Westerly Facing Garden
- Popular Location
- EPC Rating: TBC

£274,995

NEW PRICE **THE GARDINERS, CHURCH LANGLEY**



- Two Bedrooms
- CHAIN FREE
- Two Parking Spaces
- Well Presented
- Middle Terrace
- Southerly Garden
- Cul-De-Sac Location
- EPC Rating: TBC

£270,000

SOLD STC **MORE NEEDED** **CHURCH LEYS, HARLOW**



- Two Bedrooms
- Lounge/Diner
- Driveway
- Great First Time Buy
- Terraced House
- Popular Location
- Conservatory
- EPC Rating: C

£259,995

NEW




DACRES GATE, ONGAR £415,000

- Two bedrooms
- Kitchen/Diner
- Ground Floor W.C
- Cart Lodge Parking
- End Of Terrace
- Gated Development
- Exclusive Location
- EPC Rating: D

NEW




HEADLAND STREET, NEWHALL £370,000

- Three Bedrooms
- Two Allocated Parking Spaces
- Open Plan Living
- NHBC Warranty
- Terraced Home
- High Spec Finish
- Desirable Location
- EPC Rating: TBC

NEW



Bowhill Way, Fifth Avenue £365,000

- Three Bedrooms
- Kitchen/Diner
- Modern Home
- Cul-De-Sac Location
- End Of Terrace
- Immaculate Condition
- Allocated Parking
- EPC Rating: B

NEW PRICE



Manor Road, Old Harlow £349,995

- Three Bedrooms
- Two Receptions
- Long Gardens
- CHAIN FREE
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: E

NEW



Albert Gardens, Church Langley £332,500

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

CHAIN FREE



LODGE HALL, HARLOW £299,995

- Three Bedrooms
- Garage & Driveway
- Kitchen/Diner
- Chain Free
- Semi Detached
- Ground Floor WC
- Popular Location
- EPC Rating: D

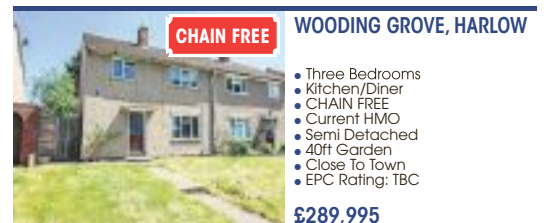
SOLD STC **MORE NEEDED**



MALLOWS GREEN, HARLOW £289,995

- Three Bedrooms
- Immaculate Throughout
- Lounge/Diner
- Cloakroom/WC
- Staggered Terrace
- Quiet Cul-De-Sac
- Modern Fitted Kitchen
- EPC Rating: TBC

CHAIN FREE



WOODING GROVE, HARLOW £289,995

- Three Bedrooms
- Kitchen/Diner
- CHAIN FREE
- Current HMO
- Semi Detached
- 40ft Garden
- Close To Town
- EPC Rating: TBC

NEW



BARN MEAD, HARLOW £280,000

- Three Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Quiet Cul-De-Sac
- Middle Terrace
- Orangery
- Popular Location
- EPC Rating: D



PERRY SPRING, HARLOW £279,995

- Three Bedrooms
- Driveway
- Kitchen/Diner
- Unoverlooked Garden
- Middle Terrace
- Conservatory
- Cloakroom/WC
- EPC Rating: TBC



BUSHEY CROFT, HARLOW £279,995

- Three Bedrooms
- Lounge/Diner
- Well Presented
- Quiet Cul-De-Sac
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

NEW




TATTON STREET, NEWHALL £465,000

- Four Bedrooms
- Kitchen/Diner
- Immaculate Home
- Double Garage
- Detached House
- Two Receptions
- En-Suite Shower
- EPC Rating: C

NEW




BURY ROAD, OLD HARLOW £420,000

- Three Bedrooms
- Two Receptions
- Stunning Garden
- CHAIN FREE
- Semi Detached
- Kitchen/Diner
- Immaculate Home
- EPC Rating: E

NEW PRICE



Westbury Rise, Church Langley £560,000

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

NEW



Ashworth Place, Harlow £515,000

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- Westerly Garden
- Detached Family Home
- Desirable Location
- Utility & Cloakroom/WC
- EPC Rating: TBC

NEW



Round House Way, Newhall £464,995

- Four Double Bedrooms
- Driveway
- Balcony
- NHBC Warranty
- Link Detached
- Ensuite To Master
- Desirable Location
- EPC Rating: TBC



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & WC
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



DENBY GRANGE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Dressing Room
- Garage & Drive
- Link detached
- Ensuite To Master
- Cul-De-Sac Spot
- EPC Rating: C

£429,995



PADDOCK MEAD, HARLOW

- Three/Four Bedrooms
- Garage & Driveway
- Quiet Cul-de-Sac
- Well Presented
- Link Detached Home
- Ground Floor WC
- Popular Location
- EPC Rating: D

£400,000



MULBERRY GREEN, OLD HARLOW

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B

£364,995

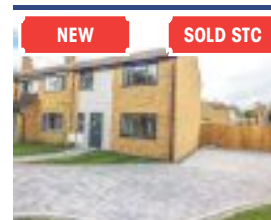


MONKSBRURY, HARLOW

- Three Bedrooms
- Lounge/Diner
- Garage & Driveway
- Popular Location
- Semi Detached Home
- Conservatory
- Cul-De-Sac Location
- EPC Rating: TBC

£350,000

NEW **SOLD STC**



WHARLEY HOOK, HARLOW

- Three Bedrooms
- Open Plan Living
- Newly Built House
- End Of Terrace
- Driveway
- 10 Year Build Warranty
- Chain Free
- EPC Rating: TBC

£340,000

SHOP HOME

Right: Ambience two-layer glass table lamp, £45, John Lewis

*All prices correct at time of going to press

Right: Black chrome hoop table lamp, £16, JDWilliams.co.uk

Right: Harmony velvet ribbon mini table lamp, £45, John Lewis

Below: Star chrome mesh table lamp, £30, Argos

Left: Seletti mouse lamp, £63, Amara.com

Above: Smoked glass lamp, £50, Matalan

Right: Black and silver spotlight tripod lamp, £35, George.com

Right: Industrial desk lamp, £9, Primark

Illuminate proceedings with one of these stylish new statement lamps, says **JENNY WOOD**

Left: USB chargeable metalised glass-table lamp, £99, Westelm.co.uk

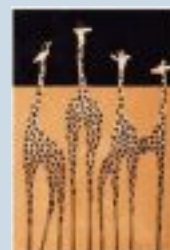
Left: Tulisa antique brass flamingo table lamp, £65, Dunelm

Left: Origami lamp, £40, Amazon.co.uk/handmade

Left: Adam And Eve table lamps, £85 each, Smithers of stamford.com



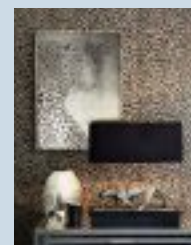
...ANIMAL MAGIC BUYS



NECKS APPEAL
Giraffe print rug, £299, TheRugSeller.co.uk



WILD ABOUT STRIPES
Zebra plate, £15, Artwow.co



A SPOT OF BLING
Golden leopard canvas, £25, Dunelm



FELINE GOOD
Leopard ornament, £59.99, Maisonsdumonde.com



£245,000

SAWBRIDGEWORTH (Waterside Place)

Very rare large ground floor 2 bedroom, 2 bath/shower room apartment. In need of some modernisation. 2 mins walk to train station. Large living room, good size kitchen, 2 double bedrooms, built-in wardrobes, 2 bath/shower rooms. Vacant possession and no onward chain. Sole agents.



£255,000

SAWBRIDGEWORTH (Lawrence Moorings)

2 bedroom top floor apartment with views over the River Stort. 3 mins walk to train station serving London Liverpool Street. Living/dining room, kitchen, 2 bedrooms, bathroom, allocated parking. Vacant possession and no onward chain. Sole agents.



£292,000

SAWBRIDGEWORTH (Spring Mews)

Modern 2 bedroom cottage within walking distance of town centre. Kitchen, open plan living/dining room, downstairs w.c., 2 bedrooms, bathroom, enclosed garden, en-bloc garage. Excellent rental return and offered with no onward chain. Sole agents.



£289,950

TAKELEY

2 double bedroom, double storey extended character cottage with a 150ft garden, parking to front, large living room, good size kitchen/diner, luxury en-suite and family bath/shower room, double glazed and character feature. Must be viewed. Sole agents.



£335,000

BISHOPS STORTFORD (Trinity Street)

2 double bedroom, double storey extended cottage on a pretty street of similar looking cottages. First floor luxury bathroom, large living/dining room with exposed fireplace, kitchen/breakfast room, wall enclosed garden. Short walk to town centre and station. No onward chain. Sole agents.



£435,000

HATFIELD HEATH (Ardley End)

3-4 bedroom detached home in a semi-rural location with stunning views. Close to village centre. Impressive kitchen/dining room, bathroom plus en-suite, driveway and parking. Offered with no onward chain. Sole agents.



£465,000

Sawbridgeworth (Sayesbury Road)

Detached 3 bedroom Victorian home. Close to town centre and walking distance of train station. Spacious sitting/dining room, good size kitchen, conservatory, 100ft rear garden. Must be viewed. Sole agents.



£479,950

HATFIELD HEATH

Spacious 4 bedroom cottage with a large living room, separate dining room, kitchen, ground floor shower room, large first floor bathroom and off-street parking. Close to village centre. Sole agents.



£529,950

SAWBRIDGEWORTH (Rowney Wood)

Detached bungalow with planning permission to create 2 semi-detached dwellings on a large corner plot. Immediate vacant possession offered. Bungalow could be extended (Stp). In need of modernisation. Vacant possession offered. Sole agents.



£570,000

HATFIELD HEATH (Little Heath)

Detached 4 double bedroom beautifully presented home. Village centre location, walking distance of sought after primary school. High quality contemporary kitchen/family room, large living room, utility, luxury en-suite and bathroom, enclosed rear garden, garage & driveway. Sole agents.



£595,000

BISHOPS STORTFORD (Thorley Lane)

Detached 4 double bedroom family home. Walking distance of sought after schools and town centre. Large living room, separate dining room, kitchen, utility, good size garage, driveway and enclosed rear garden. Must be viewed. Sole agents.



£610,000

SAWBRIDGEWORTH (Sayesbury Road)

Charming 4 bedroom Edwardian home offering 3 reception rooms, kitchen, downstairs cloakroom, 2 bathrooms, approx. 85ft rear garden. Fantastic family accommodation with many original features including high ceilings, fireplaces etc. Ideally positioned for schools. Sole agents.



£625,000

SAWBRIDGEWORTH (Vantorts Road)

Rarely available town centre bungalow with 3 large reception rooms, 2 bedrooms, bathroom, kitchen, secluded garden, driveway with plenty of parking, double glazed and gas central heating. Central village location, short walk to all amenities. Sole agents.



£649,950

TAKELEY (Harris Road)

Spacious 5 bedroom detached home with a double garage. Beautifully presented and high specification throughout with fantastic views onto meadowland and Hatfield Forest beyond. 3 reception rooms, utility, downstairs w.c., 2 modern en-suite shower rooms plus family bathroom. Must be viewed. Sole agents.



£895,000

LITTLE HALLINGBURY

4 bedroom detached home on a 1.5 acre mature plot. Gated entrance, large workshop, recently renovated, plans for further extension, annexe/gym. Sole agents.



£575 pcm

SAWBRIDGEWORTH (Ladwell Prospect)

Ground floor studio apartment, within walking distance of Sawbridgeworth mainline station and other local amenities. The property has been fully furnished to a high standard and enjoys a recently refitted kitchen and bathroom and a good size living area, electric storage heating, gardens and allocated parking.



£850 pcm

SAWBRIDGEWORTH (Sheering Lower Road)

Larger than average one bed with its own balcony. Only a short walk from the mainline railway station. Comprising entrance hall, double bedroom, luxury bathroom, recently fitted kitchen and large living room with double doors giving access to balcony. The property is unfurnished and available early November



£895pcm

HATFIELD HEATH (Stag Court)

A well maintained and huge one bedroom first floor apartment. Only a short walk from facilities and a short drive to the mainline station. Fitted kitchen, lounge/diner, huge bedroom with built-in wardrobes and wet room. Allocated parking, available mid-October.



£875 pcm

SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished, top floor two bedroom apartment overlooking the river Stort. The property comprises good size lounge, two bedrooms, bathroom and kitchen. Allocated parking. Short walk from Sawbridgeworth train station serving London Liverpool St, Cambridge and Stansted Airport. Available Now



£875 pcm

HARLOW (The Lawn)

A newly renovated two bedroom top floor apartment. The property enjoys a bright open plan living area and new fitted kitchen with double glazed UPVC windows, two double bedrooms, brand new bathroom and gas central heating. The property benefits from an external storage shed and established communal grounds.



£1,195 pcm

SAWBRIDGEWORTH (Sappers Close)

3 bed unfurnished family home in the popular location which is only a short walk from the town centre. The property comprises 3 bedrooms and shower room to the first floor, fitted kitchen, separate wc, living/dining room, conservatory and low maintenance garden to rear. Off street parking to front for 2 cars plus garage.



£1,295 pcm

BISHOP'S STORTFORD (Cage End)

3 bed period barn conversion in a sought after location. Comprising entrance hall, downstairs wc, fitted kitchen, large lounge diner, separate study/playroom, bathroom and further bedroom to the top floor. Courtyard rear garden and allocated parking, plus car port.



£2000 pcm

SAWBRIDGEWORTH (Church Walk)

Immaculately presented, four bedroom, semi detached family home in an ideal central location just a short walk from Sawbridgeworth's town centre and station. Contemporary accommodation, versatile open plan ground floor with bi-folding doors opening on to rear garden.



£2950 pcm

LITTLE LAVER (Nr. Matching Green)

A beautifully presented five bedroom barn conversion providing spacious accommodation. Situated in the village of Little Laver in a mixed development of barns, Little Laver is a short drive from Matching Green. Period features including exposed beams and timbers. Available now.



£3500 pcm

BISHOPS STORTFORD (Nightingales)

3000sq.ft five bed property with two luxury en-suite shower rooms and a family bathroom. Four ground floor reception rooms, kitchen/family room, downstairs w.c. Parking for 4 cars, a double garage. Only an 8 minute walk to Bishop's Stortford's mainline railway station. Available now, unfurnished.

Howick & Brooker

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NEW PRICE

£172,500
GIBSON COURT, HARLOW
• Two Bedrooms • Juliet Balcony
• Allocated Parking • First Floor Flat
• Popular Location • EPC Rating: C



NEW PRICE

£199,995
BISHOPSFIELD, HARLOW
• One Bedroom • End Of Terrace
• Private Garden • Bungalow
• Popular Spot • EPC Rating: F



NEW PRICE

£220,000
MARIGOLD PLACE, OLD HARLOW
• Two Bedrooms • Close To Station
• Second Floor • Allocated Parking
• Long Lease • EPC Rating: C



NEW ON

£235,000
BROCKLES MEAD, HARLOW
• Two Bedrooms • Popular Location
• End Terrace • CHAIN FREE
• Modern Interior • EPC Rating: D



NEW ON

£240,000 - £250,000
STATION ROAD, OLD HARLOW
• Two Bedrooms • CHAIN FREE
• Second Floor • Open Plan
• Allocated Parking • EPC Rating: TBC



CHAIN FREE

£264,995
FOLD CROFT, HARLOW
• Three Bedrooms • Mid Terrace
• Needs Updating • CHAIN FREE
• Close To Hospital • EPC Rating: TBC



MUST VIEW

£299,995
HULL GROVE, HARLOW
• Four Bedrooms • Kitchen/Diner
• Ground Floor Wc • End Of Terrace
• Backing On To Fields • EPC Rating: TBC



NEW ON

£300,000
RUSHTON GROVE, CHURCH LANGLEY
• Three Bedrooms • End Terrace
• Immaculately Presented • Allocated Parking
• Stunning Bathroom • EPC Rating: C



CHAIN FREE

£327,500
MORLEY GROVE, HARLOW
• Four Bedrooms • Updating Needed
• End Terrace • Chain Free
• Two Bathrooms • EPC Rating: TBC



NEW PRICE

£320,000
NEW ROAD, OLD HARLOW
• Two Bedrooms • Semi Detached
• Victorian Period • Heart Of Old Harlow
• Courtyard Garden • EPC Rating: TBC



PARKING

£342,500
SAKINS CROFT, HARLOW
• Three Bedrooms • Two Receptions
• Garage & Driveway • Semi Detached
• Cul De Sac Spot • EPC Rating: TBC



LARGE HOME

£347,500
MORLEY GROVE, HARLOW
• Four Bedrooms • Close To Town
• End Of Terrace • Popular Location
• Two Bathrooms • EPC Rating: D



NEW PRICE

£350,000
VICTORIA GATE, CHURCH LANGLEY
• Three Bedrooms • Two Receptions
• Semi Detached • South Facing Garden
• Garage & Driveway • EPC Rating: TBC



NEW PRICE

£375,000
BELFIELD GARDENS, CHURCH LANGLEY
• Four/Five Bedrooms • Two Bathrooms
• Kitchen/Diner • End Terrace
• Driveway • EPC Rating: D



OPEN PLAN

£409,995
HONOR STREET, NEWHALL
• Three Bedrooms • Extended Terrace
• High Specification • Allocated Parking
• Award Winning • EPC Rating: C



NEW ON

£420,000
UPPER PARK, HARLOW
• Three Bedrooms • Semi Detached
• Two Receptions • Centre Of Town
• Utility Room • EPC Rating: C



CHAIN FREE

£425,000
COPSE HILL, HARLOW
• Four Bedrooms • Downstairs W.C
• Semi Detached • Garage & Driveway
• Two Receptions • EPC Rating: TBC



NEW PRICE

£430,000
THE CHASE, NEWHALL
• Four Bedrooms • Two Bathrooms
• Studio Over Garage • Parking & Parking
• Two Receptions • EPC Rating: C



NEW ON

£450,000
UPPER PARK, HARLOW
• Four Bedrooms • Semi Detached
• Two Receptions • CHAIN FREE
• Cul-De-Sac • EPC Rating: TBC



NEW ON

£494,995
GLEBELANDS, HARLOW
• Three Bedrooms • Balcony To Master
• Detached • CHAIN FREE
• Garage & Drive • EPC Rating: TBC



GRADE II

£580,000
THE LODGE, PISHOBURY DRIVE
• Grade II Listed • Private Garden
• Detached Property • Detached Garage
• Three Bedrooms • Kitchen/Family Room



CHAIN FREE

£725,000
GREAT AUGER STREET, NEWHALL
• Four Bedrooms • Solar Energy
• Three Receptions • Rain Water Harvesting
• Bespoke Build • EPC Rating: B



GATED DEVELOPMENT

£800,000
DACRES GATE, FYFIELD
• Five Bedrooms • Four Bathrooms
• Gated Development • Mid Terrace
• Car Port & Gardens • EPC Rating: C



CHAIN FREE

£895,000
EASTWICK, HERTFORDSHIRE
• Grade II Listed House • Village Location
• Five Bedrooms • Elegantly Restored
• Three Reception Rooms • Just A Mile To The Station



Paddocks

£1,710,000
COPHALL GREEN, UPSHIRE
• Detached Farmhouse • Paddocks & Barns
• Six Bedrooms • Recently Modernised
• Countryside Views • Semi-Rural Setting

sales@hbproperty.co.uk

01279 418888

lettings@hbproperty.co.uk



SSTC

Guide Price £270,000 - £290,000
SOLD SOLD SOLD EPC C
Glan Avon Mews
This three bedroom home in the mews style development just off of Potter Street has now been sold STC, if you are thinking of selling call now to book your free valuation. Ref 13281 Thinking Of Selling?



PRICE REDUCTION

Guide Price £260,000 - £270,000
What A Great Place To Start EPC TBC
Wellesley
Looking to get on the property ladder? then you must view this two bedroom home on the Harlow Epping border. The property benefits from allocated parking. Ref 14739 Call, Register, View



PRICE REDUCTION

Guide Price £550,000 - £600,000
Character, Warmth And Charm EPC D
Cock Green
This detached home is full of plethora of early 1900 features such as open fire places. The property has been extended to create the 5th bedroom. Ref 13908 View it, Love it



SSTC

SSTC - Similar Required OIEO £250,000
Parsonage Leys EPC D
Requiring updating and modernisation is this three bedroom terraced family home which is centrally located offering access to local amenities and Harlow town centre, call today to book your viewing. Dial 01279 443311



NEW

Family Home
Felmongers
£295,000
EPC D

This three bedroom mid terrace home offers great living accommodation, benefiting from a spacious lounge and good sized rear garden. The property is located close to Mark Hall School and is only a short walk away from The Stow shopping centre. Ref 14752

A Must View



Guide Price £140,000 - £150,000
Linford End
A Great Place To Start
EPC E

Are you looking to get on the property ladder and own a property of your own? The look no further than this one bedroom top floor flat. The property does require some modernisation but would be a great place to start. Call now to view. Ref 14738

Viewing Advised



Guide Price £350,000 - £375,000
Offered Chain Free EPC B
Tanyard Place
Haart are pleased to offer this family home arranged over three floors. The property is within walking distance to schools, hospital, train station and town centre. Ref 14517 Take A Look



NEW

A Taste Of The Country.... £800,000
Park Lane EPC C

Located in the centre of the conservation area of Harlow Town Park. Is this stunning four/five bedroom individual detached cottage style home with attached annexe designed in conjunction with 'The Cottage Company' in Colchester. With over 3000 sq ft of combined living accommodation, a plethora of delightful features such as a brick built inglenook, impressive vaulted ceiling in the master bedroom, galleried landing and garage. Ref 14392

- Detached House
- Four Bedrooms
- Two Bedroom Annex
- Two Reception Rooms

Dont Miss Out

- Ground Floor Cloakroom
- En-Suite To Master
- Underfloor Heating
- Well Presented Throughout



PRICE REDUCTION

Ideal For Investment OIEO £220,000
Canons Brook EPC E

Offered chain free and located within walking distance to the Town Centre is this three bedroom terraced home. The property would make a great first time purchase or someone looking to add to their investment portfolio. Viewing advised. Ref 14716 Call Us Today



Guide Price £220,000 - £240,000
Spacious Living EPC C
Pittmans Field

If you are looking for a property to make your own, then you need to come and view this two bedroom mid terrace house that offers two double bedrooms. Ref 14242 Call Us Today On 01279 443311

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UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084

GREAT PRICE



Coalport Close

- Two Bedroom House
- Freehold
- Conservatory To Rear
- Double Bedrooms
- Rear Gardens
- Parking For Two Cars

£275,000

VIEWINGS ADVISED



Victoria Gate

- Two Bedroom House
- Mid Terrace
- Conservatory To Rear
- Cul-De-Sac Location
- Two Allocated Parking Spaces
- EPC Rating: Awaiting

£279,995

NEW INSTRUCTION



Potters Field

- Three Bedroom Mid-Terrace House
- Chain Free
- Within the catchment area of Holy Cross RC Primary School & Pastmores Academy
- Excellent public transport links into Harlow town centre
- Within easy reach of the A414 & M11
- Close to local shops and amenities.

£300,000

VIEWINGS ADVISED



Alexander Mews

- Two Bedroom House
- Two Bathrooms
- Parking
- Gated Entrance
- Chain Free
- Over 55's

£315,000

VIEWINGS ADVISED



Bentley Drive

- Three Bedroom End Of Terrace House
- Secluded Rear Garden With Side Access
- uPVC Double Glazing & Gas Central Heating Throughout
- Lounge and Dining Room
- Fitted Kitchen
- E.P.C. Rating: C

£359,995

CHAIN FREE



The Chase

- Four Bedroom House
- Large Bedrooms Throughout
- Chain Free
- Garage
- "Studio Flat" Style Outbuilding
- Newhall Location

£430,000

VIEWINGS ADVISED



Wedgewood Drive

- Four/Five Bedroom House
- Converted Garage/Fifth Bedroom/Reception Room
- Downstairs WC and En-Suite From Master Bedroom
- Large Driveway
- Conservatory
- Close To All Local Amenities

£465,000

GREAT LOCATION



Malkin Drive

- Five Bedroom Detached House
- Two Reception Rooms
- Lots Of Potential To Extend
- Fantastic Garden
- Summer House
- Garage

£550,000

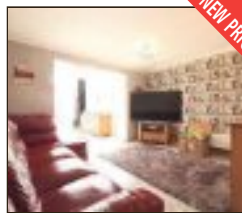
NEW PRICE



Tickenhall Drive

- Three Bedroom House
- Two Parking Spaces
- Loft Conversion
- Extended To The Rear
- Downstairs WC
- Boiler Installed In Last Two Years

£399,995



NEW INSTRUCTION



Whieldon Grange

- A Four Bedroom Detached Family Home
- Driveway & Tandem Garage To The Side
- En-Suite To Master Bedroom
- CHAIN FREE
- Southerly Facing Rear Garden
- E.P.C. Rating: D

£500,000



al move this Autumn...



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19 EASTGATE, HARLOW
01279-433033



NEW INSTRUCTION

Herons Wood

Offers In The
Region Of £210,000

- Two Double Bedroom Flat
- Within Easy Reach of Harlow Town Station
- Communal Gardens
- Ideal First time or Investment Purchase



NEW INSTRUCTION

Wedhey

£210,000

- A Two Bedroom Ground Floor Flat
- One DOUBLE Bedroom
- Communal Driveway
- Lounge/ Diner
- SHARE OF FREEHOLD
- EPC Rating: Awaiting



VIEWING ADVISED

Waterhouse Moor

Offers In The
Region Of £250,000

- Two Bedroom Terraced House
- CHAIN FREE
- Utility / Storage Room
- Lounge / Diner
- EPC Rating: Awaiting



AUCTION

Pennymead

By Auction
£250,000

- Three Bedroom Terraced House
- CHAIN FREE
- Potential To add a Driveway (STPP)
- Ideal First Time or Investment Purchase
- EPC Rating: D



VIEWING ADVISED

Fold Croft

£285,000

- A Two Bedroom End Of Terrace House
- Two DOUBLE Bedrooms
- Private Driveway
- First Floor Family Bathroom
- Larger Than Average Lounge/Diner
- EPC Rating: Awaiting



VIEWING ADVISED

The Maples

£325,000

- A Three Bedroom End Of Terrace House
- Two DOUBLE Bedrooms
- Private Driveway & Garage
- Ground Floor Wet-Room, Downstairs WC
- Two Reception Rooms
- EPC Rating: Awaiting



VIEWING ADVISED

Arkwrights

£414,995

- Semi-Detached
- Three Bedrooms
- Fourth Downstairs Bedroom
- With En Suite
- Landscaped Rear Garden
- Four Car Driveway
- Awaiting EPC Rating

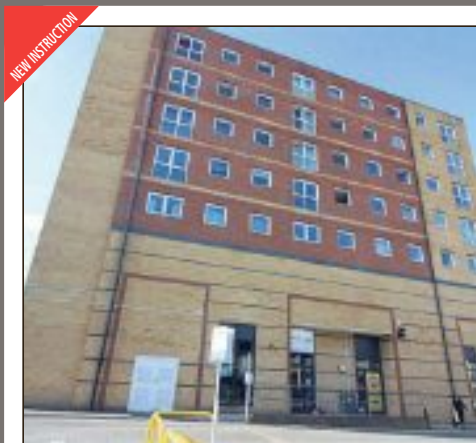


VIEWING ADVISED

Park Lane

£649,995

- A Five Bedroom Semi-Detached Victorian Cottage
- Private Driveway
- Landscaped Rear Garden
- Downstairs WC & First Floor Family Bathroom
- uPVC Double Glazed & Gas Central Heating Throughout
- EPC Rating: C



NEW INSTRUCTION

Mill Court

£185,000

- Two Bedroom Flat
- CHAIN FREE
- Walking Distance of Harlow Town Station
- En-suite to Bedroom One
- Open Plan Lounge / Diner
- EPC Rating: C

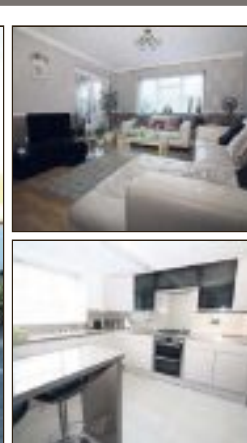


NEW INSTRUCTION

Woodcroft

£350,000

- Three Bedroom End of Terrace
- Open Plan Lounge / Diner
- Two Reception Rooms
- Recently Re-fitted Kitchen & Bathroom
- EPC Rating: D



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GUARDIAN

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Guardian are pleased to offer this affordable one bedroom ground floor flat in Milwards. This property benefits from gas heating and generous living space throughout. EPC - D. Available NOW

£650 PCM

Milwards



Guardian are pleased to offer for rent this affordable and large one bedroom first floor flat in the Latton Bush area of Harlow. This property is perfect for someone on a budget looking for sizable accommodation in Harlow. Unfurnished with oven and hob only. EPC - D. Available late November.

£665 PCM

Radburn Close



Guardian are delighted to offer this one bedroom flat with a balcony in the sought after road of Arkwright's. This property benefits from gas heating, well presented throughout and is close to shops and amenities. EPC - C. Available mid December.

£700 PCM

Arkwrights



Guardian are delighted to offer this one bedroom ground floor flat in the private area of Markwell Wood, Harlow. This property benefits from allocated parking and secure telephone entry system. EPC - D. Available late May.

£725 PCM

Markwell Wood



Guardian are delighted to offer this recently redecorated one bedroom first floor flat in private block located just off Potter Street. Benefits from allocated parking, gas central heating, electric shower, neutral decor and new carpets throughout. EPC - C. Available NOW!

£725 PCM

Florence Close



Guardian are delighted to offer this one bedroom, top floor flat in Parsonage Leys. This property benefits from gas heating, large living space and is close to local shops and amenities. EPC - D. Available late October.

£695 PCM

Parsonage Leys



Guardian are delighted to offer this one bedroom ground floor flat in the desirable area of Church Langley. The property is offered on an unfurnished basis and benefits from allocated parking. EPC - D. Available late December.

£760 PCM

Aynsley Gardens



Immaculate one double bedroom top floor flat in modern block opposite railway station. The property is in a tucked away position overlooking a wooded area. Comprising entrance hallway, lounge, fitted kitchen with appliances, good sized bedroom and bathroom. EPC - B. Available NOW

£875 PCM

Newstead Way



Immaculate two bedroom ground floor flat with pretty communal garden in the central area of The Downs. The property has been beautifully maintained by the present occupant and is an ideal starter home. Available on a partly or fully furnished basis. EPC - D. Available mid November

£875 PCM

The Downs



Guardian are delighted to offer for rent this large two bedroom split level maisonette with private front garden. Property benefits from gas central heating, two large doubles bedrooms, laminate flooring downstairs. Call to book your viewing appointment. EPC - D. Available early November

£875 PCM

Pennymead



Guardian are pleased to offer this two bedroom house in Church Langley, Harlow. Layout comprises entrance hallway, lounge, kitchen overlooking rear garden, two bedrooms and bathroom. Allocated parking and rear garden. EPC - C. Available NOW.

£950 PCM

Sheldon Close



Guardian are delighted to offer this modern two bedroom apartment in the ever popular area of Bromley Close. This property benefits from a modern fitted kitchen, including oven, hob, fridge freezer and washing dryer. EPC - C. Available early November

£900 PCM

Bromley Close



Great two bedroom apartment with allocated parking in the sought after private area of Fifth Avenue, Harlow. Walking distance to town centre, station and within close proximity of Harlow Town Park. With gas heating, neutral decor and integrated appliances including dishwasher. EPC - B. Available mid December

£1030 PCM

Torkildsen Way



Guardian are delighted to offer this superb three bedroom home in Seymours, Katherine's. This property benefits from a downstairs w/c, gas heating, modern kitchen and bathroom and a rear garden. EPC - D. Available mid November

£1195 PCM

Seymours



Guardian are delighted to offer this well presented three bedroom house in Perry Springs. This property also benefits from gas central heating, low maintenance garden and ample storage. EPC - C. Available mid December.

£1250 PCM

Perry Springs



Guardian are delighted to offer this newly refurbished three bedroom house within cul-de-sac location and touching distance of Theydon Bois central line station and local shops. The property benefits from newly fitted grey carpets and a high gloss kitchen. EPC - D. Available NOW!

£1575 PCM

Slade End

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Our Finger On The Property Market Pulse

GUARDIAN

01279 635685



Guardian are delighted to offer this immaculate two bedroom top floor flat. Perfect for cash buyers and investors. Market rent £850pcm. Close to local amenities, schools and public transport. Parking area, double glazed throughout, gas central heating. EPC: E

£135,000

Willowfield Tower, Harlow



Price Reduction

Guardian are delighted to offer an immaculate one bedroom flat in the sought after private area of Markwell Wood. Top floor, includes loft space. Recently refurbished through out. Includes parking space and close links to Epping and M11. EPC: D

£150,000

Markwell Wood, Harlow



Immaculate Throughout

Guardian are delighted to offer this immaculate two bedroom flat in the sought after private area of Bromley Close! Includes private parking, en suite, large bedrooms and living area! Second floor, UPVC double glazed through out and electric heating. EPC: C

£225,000

Bromley Close, Harlow



Guardian are delighted to offer for sale this three bedroom terraced family house in this popular area of Harlow. The property has three really good sized bedrooms, separate lounge, a dining room and a good sized garden. The property has the potential to be turned into a four bedroom by split the largest bedroom.

£249,999

Moorfield, Harlow



CM19 Area

Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£265,000

Taylifers, Harlow



Guardian are delighted to offer an immaculate three bedroom house in Sycamore Field. Three good sized bedrooms, modern fitted kitchen and bathroom. Close to local transport links and amenities. Double glazed through out with gas central heating. EPC: E

£267,000

Sycamore Field, Harlow



Chain free family home with a recently fitted kitchen and heating system along with a recent re-wire. Fully double glazed throughout within the past two years additionally. In a great location with local amenities close by with three good sized bedrooms. EPC: D

£275,000

Peterswood, Harlow



Extended

Guardian are delighted to offer for sale this extended four bedroom mid terrace property. Close to the town centre, hospital and walking distance to local schools. The property has the fourth bedroom down stairs with a wet room attached. EPC: C

£299,999

Foldcroft, Harlow



Star Buy

Guardian are delighted to offer this recently renovated three bedroom mid terrace property with three Double bedrooms. The current owner has lovingly refurbished this property with a traditional feel.

£308,699

Quarry Spring, Harlow



Guardian are delighted to offer this four bedroom end of terrace property ideally positioned in a quiet cul de sac close to the town, train station, local amenities and schools. The current owners having lovingly refurbished the property and converted the garage. EPC: D

£365,000

Morley Grove, Harlow



Potential to extend (STP?)

Guardian are delighted to offer for sale this three bedroom detached family home. The property is located on the outskirts of Harlow within a short drive to Epping, A10 and M11. This property has converted Garage/ utility room, driveway for 2/3 vehicles.

£370,000

Morningtons, Harlow



Price Reduction

Detached with three double bedrooms Guardian are delighted to offer this great family home! In the popular private development of Church Langley, Coalport Close is walking distance to good local schools and amenities. EPC: C

£375,000

Coalport Close, Church Langley



Guardian are delighted to offer this Chain free, well-proportioned 3 double bedroom Mews House with Car-port. The property is situated in the sought after village of Roydon which benefits from a main-line station providing direct rail services to Stansted. EPC: C

£415,000

Roydon Mews, High Street, Roydon



Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac. EPC: D

£465,000

Wedgewood Drive, Church Langley



6 Bedrooms

Guardian are delighted to present this rarely available six bedroom detached family home in desirable private area of Church Langley, this stunning property has been finished to a high standard throughout. Benefits include a modern kitchen with integrated appliances. EPC: C

£580,000

Whieldon Grange, Church Langley



New Instruction

Built in late 2017, Guardian are delighted to offer for sale this bespoke high specification home. Detached with ample parking for up to six vehicles, double garage and good sized garden surrounding. EPC: B

£899,995

The Bungalow, High Wych

WE'RE HERE TO HELP MAKE YOUR MOVE HAPPEN!



MALKIN DRIVE £1100 PCM

- Two Bedroom House
- Church Langley
- Must Be Viewed
- Garage
- En-Suite
- EPC Rating C
- * Admin Fees Apply
- Available Now

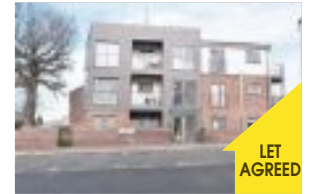
NEW LISTING



LITTLE BRAYS £975 PCM

- 2 Bed Family Home
- Unfurnished
- White Goods White
- EPC Rating D
- Bush Fair Location
- * Admin Fees Apply
- Available Now

NEW LISTING



CLIFTON HATCH £820 PCM

- One Bedroom Apartment
- Ground Floor
- Garden
- * Admin Fees Apply
- EPC Rating C
- Must Be Viewed
- Available Now

LET AGREED



SAVOY WOOD £1,000 PCM

- Modern Two Bedroom House
- EPC Rating D
- Located On The Outskirts of Harlow
- White Goods Included
- Two Double Bedrooms
- Available End November
- * Admin Fees Apply
- One Allocated Parking Space

NEW LISTING



TAYLIFERS £675 PCM

- One Bedroom Flat
- Kitchen Appliances Only
- EPC Rating C
- * Admin Fees Apply
- Available Now
- Gas Central Heating
- Top Floor
- New Carpets

NEW LISTING



WINDMILL FIELDS £1'200 PCM

- Three Bedroom House
- Old Harlow
- Kitchen Appliances Only
- EPC Rating C
- * Admin Fees Apply
- Gas Central Heating
- Available Now

LET AGREED



STAFFORDS, CHURCHGATE STREET Guide price £850,000

- Detached Home
- Sought After Location
- Beautifully Landscaped Rear Garden
- Double Garage
- Four Bedrooms
- Annex Potential
- Security Camera & Alarm Systems

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available log on to our
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JOYNSERSFIELD Guide price £190,000

- Two Bedroom Flat
- Large Lounge
- Second Floor
- Fitted Kitchen
- Bathroom & WC
- Close to Staple Tye Shopping Centre
- Viewing Recommended



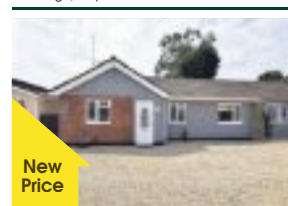
BYNGAMS £289,995

- Two Bedroom Home
- Private Area
- Modern Fitted Kitchen
- Stunning Bathroom
- Garage En Bloc
- Allocated Parking Space to Front of Property
- Own front garden



ABRIDGE £459,995

- Two Bedroom Bungalow
- CHAIN FREE
- Spacious Lounge Diner
- Fitted Kitchen
- Family Bathroom
- Cloakroom
- Garage/Playroom



Sawbridgeworth £479,950

- Three Bedroom Semi-Detached Bungalow
- Double Bedrooms
- En-Suite to Bedroom Two
- Modern Fitted Bathroom
- Drive for Four Cars
- South Facing Garden
- Ideal Position for All Amenities



PEAR TREE MEAD £279,995

- Three bedrooms
- Mid-terrace home
- Recently landscaped rear garden
- Well presented property
- Gas central Heating/Double glazing
- Freehold Tenure



CHAPEL FIELD £425,000

- Four Bedroom Semi-Detached Home
- Lounge & Dining Room
- Cloakroom/Shower Room
- Office
- Kitchen & Utility Room
- Driveway to front
- Close to Shops & Schools



ALEXANDER MEWS Offers in excess of £300,000

- Two Bedroom End of Terrace Home
- NO ONWARD CHAIN
- Two Bathrooms
- Kitchen
- Lounge & Conservatory
- Over 55's only
- Viewing Recommended

TEST DRIVE

Renault Megane RS 280

SERIOUSLY SPORTY

AT A GLANCE

- Model: Renault Megane RS 280
- Price: £27,810
- Engine: 1.8-litre turbo petrol
- Transmission: Six-speed manual gearbox
- Performance: 0 to 62mph 5.8 seconds, top speed 158mph
- Fuel consumption: 35.3mpg
- CO2: 181g/km
- Insurance Group: TBA
- Warranty: Three years/60,000
- On Sale: Now



BY DAVID WARD

WITH French car maker Renault still heavily involved with motorsport from their never-ageing Clio Cup series up through to Formula One it's hardly surprising the obvious spin-off in terms of technology seeps through to their ordinary road going models for the more humble drivers like ourselves.

Although in the case of the new Megane RS 280 there's clearly nothing humble about this latest fourth generation model because it's

a very 'hot hatchback' in every sense of the word and clearly aimed at the serious sports driving enthusiast.

With 278 bhp on tap and acceleration of 0 to 62mph in just 5.8 seconds and a claimed top speed of 158mph this flying machine is definitely not for the soft-hearted driver and at £27,810 it's not particularly cheap either.

To say it's also a treat to drive is not an understatement either because it's exciting to drive, even a little nail-biting for the driver if he or she gets it slightly wrong, but with both so many safety features and the latest car technology on board you can't really go wrong.

The new 1.8-litre turbocharged petrol engine on board has been shipped over from sister model the Alpine A110 and although it replaces the previous two-litre unit it's in fact up the power output by 5bhp.

It also has a first in this segment with an active four-wheel steering system that in effects boost the car's agility at slow speeds and in particular controls steering the rear wheels up to 62mph.

In RS 280 with what is called the Cup Chassis (this is a £1,500 option) on the car and this features a limited slip-differential, stiffer springs and dampers and with an anti-roll plus of course the obligatory for this kind of

cars red brake calipers.

Naturally the car offers a fairly firm ride but the body has poise and is well balanced and it has excellent handling, certainly if the driver plonks it into Race or Perso mode - there are five driving modes in total.

For those who love it there's the rasping exhaust note too but driving this newcomer and once accustomed to its driving habits out on the road it's a rewarding car to drive with ideal sensitivity on the accelerator, nice weighty steering and with extra damping stops it from bouncing around, noticeably when cornering briskly.

The car's great chassis is so crucial

to all this and plays such an important part in its sports performance and improvements on it has made all the difference over the previous model.

Inside the car's ergonomics are good with ideal pedal positioning and adjustable steering so it will suit most driver's physicality and overall the interior fittings and equipment are slightly superior to that of its main rival in this sector, the Honda Civic Type R.

For sports performance fans this new Megane will not disappoint and with this new 1.8-litre engine under the bonnet on this initial test drive it really does fit the bill.



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screen and reversing camera
Automatic air conditioning



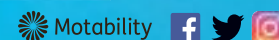
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AYGO x-press 5 door 1.0 VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 57.6 (4.9), Extra Urban 78.5 (3.6), Combined 68.9 (4.1). CO2 Emissions 93g/km. All mpg and CO2 figures quoted are sourced from official EU regulated laboratory test results. These are provided to allow comparisons between vehicles and may not reflect your actual driving experience. From 1 September 2017, certain new vehicles will be type-approved using the World Harmonised Light Vehicle Test Procedure (WLTP), which is a new, more realistic test procedure for measuring fuel consumption and CO2 emissions. From 1 September 2018 WLTP will fully replace the New European Drive Cycle (NEDC), which is the current test procedure. Due to more realistic test conditions, the fuel consumption and CO2 emissions measured under the WLTP are in many cases higher compared to those measured under the NEDC. More information can be found by visiting www.WLTPfacts.eu

Model shown is MY18 AYGO x-press 5 door 1.0 VVT-i Manual at £12,630. Additional charges may apply on selected paint colours and finishes. Prices correct at time of going to print. 5 year/100,000 mile manufacturer warranty. Terms and conditions apply.

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Fuel consumption in mpg (l/100km) for the model shown: Urban 57.6 (4.9), Extra Urban 57.6 (4.9), Combined 57.6 (4.9), CO2 emissions 128 g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results. The NEDC Equivalent data presented here is for limited comparison purposes only and cannot be compared with other test data such as NEDC or WLTP. For more information about WLTP please refer to kia.com/uk. Model shown: New Sportage 'GT-Line S' 1.6 CRDi 134bhp 2WD 7-speed Auto DCT ISG at £31,840 including optional chargeable Infra-Red paint at £595. New Kia Sportage range available from £20,305. Specification varies across the range and is subject to change without notice. *New Sportage diesel models only up to £750 towards your Personal Contract Purchase Deposit (excluding grade 1 which is £500). New Sportage petrol models only up to £500 towards your Personal Contract Purchase Deposit (excluding grade 1 which is £250). Offer available on purchase of a new New Kia Sportage in the United Kingdom between 01.10.2018 – 31.12.2018. Private customer registrations only, excluding Personal Contract Hire. Finance subject to status. T&Cs apply. 18s or over. Guarantee may be required. Kia Finance RH2 9AQ. 7 year / 100,000 mile manufacturer's warranty.

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185/65X15 BUDGET 88H	£39.95
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205/55X16 BUDGET 91V	£39.95
205/55X16 AVON ZV7 91V	£55.95
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GENERATIONS MULTI ACADEMY TRUST DIRECTOR OF HUMAN RESOURCES

M3 point 46 to 49 (£41,846 – £44,697 plus Fringe £857 per annum)

Full time: 28 days annual holiday, rising to 30 days after 5 years

Required as soon as possible

We have an exciting opportunity for the ideal candidate to join our Multi Academy Trust. Our Trust was established following a direct approach by the DfE and currently consists of two schools: Goffs and Goffs-Churchgate, with further schools expected to join this year, including nursery provision. Our vision for the Trust is to educate and nurture children from their first days at school, to young adulthood at 18 years of age. We are looking for an experienced HR candidate who will work at Executive Board level, leading HR provision across the Trust.

The post is full time, 37 hours per week. The successful candidate will need to be flexible regarding working hours and location in order to meet the needs of the business. The area benefits from very good transport links, with easy access to the M25, A10 and rail access to/from London.

The ideal candidate will be able to demonstrate:

- A proven track record in leading a HR function and driving performance improvements across the full spectrum of the people agenda, and the associated employee lifecycle events/processes
- Strategic impact and the ability to implement change initiatives, underpinned by sound technical knowledge
- Strong interpersonal skills with the ability to influence and build credible stakeholder relationships at all levels, both internally and externally
- Proactive use of management information to support the Executive team and help shape future policy
- The drive and ambition to develop the HR service to be the best that it can be, through robust management and leadership of the HR Team and its activities

In return the Trust can offer you:

- A forward looking, positive, and oversubscribed working environment
- A financially secure and innovative business organisation
- The opportunity to work with professional, committed and ambitious colleagues
- Outstanding, highly personalised professional development opportunities
- The opportunity to work in schools where young people are described by Ofsted as being ones who "students work together exceptionally well," and who are "overwhelmingly enthusiastic about school"
- A comprehensive staff benefits package

For further details, please contact Nina Wood, PA to the Executive Principal, on 01992 424200, Ext 201, or by email at nwo@goffs.herts.sch.uk

Closing date for applications: 9.00am 5th November 2018

Interviews will be held week commencing w/c 5th November 2018

The Trust is committed to safeguarding children and young people

All postholders are subject to a satisfactory enhanced DBS check



GENERATIONS MULTI ACADEMY TRUST FINANCE MANAGER

H9 point 34 to 37 (£30,756 - £33,133 plus Fringe £857 per annum)

Full time 25 days annual holiday rising to 27 days after 5 years

Required as soon as possible

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The post is full time, 37 hours per week. The successful candidate will need to be flexible regarding working hours and location in order to meet the needs of the business.

The ideal candidate will be able to demonstrate:

- Proven track record in managing a finance function to the highest standard, constantly striving to seek improvements in processes
- Strong interpersonal skills with the ability to engage with staff at all levels including Trustees
- Strong IT skills and the ability to manage, manipulate and interpret data, with experience of managing and operating key financial systems
- The ability to manage time, and a finance team of currently two full time staff, delegating as appropriate, multitasking and working to tight deadlines

In return the Trust can offer you:

- A forward looking, positive, and oversubscribed working environment
- The opportunity to work with professional, committed and ambitious colleagues in a financially secure and innovative organisation
- Outstanding, highly personalised professional development opportunities
- The opportunity to work with young people in schools described by Ofsted as being one where "students work together exceptionally well," and where "students are overwhelmingly enthusiastic about school"
- A comprehensive staff benefits package

For further details about the recruitment process, please contact Tracey Backman, HR Director on 01992 624375 Ext 5817, or by email at tba@generationsmat.herts.sch.uk

Closing date for applications: 9.00am 9th November 2018

Interviews will be held week commencing 12th November 2018

The Trust is committed to safeguarding children and young people

All postholders are subject to a satisfactory enhanced DBS check

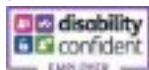


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Please apply in writing to the HR Manager, enclosing a letter of application and a completed application form, which can be found on our website or by contacting the school office on 01279 836633.

Leventhorpe is committed to safeguarding and promoting the welfare of young people, and expects all staff and volunteers to share this commitment. A DBS disclosure is required for all successful applicants.

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Call **Tatiana Carver**
01992-785000
or send your CV to
Tatiana Carver
Kings Lettings LLP,
Crown House
24-25 Turners Hill
Cheshunt
Herts
EN8 8NJ

email: tatiana.carver@kings-group.net

PROPERTY ADMINISTRATOR

Are you an enthusiastic, hardworking individual, looking for a career in property management? Do you enjoy working with the public, can you meet the needs of our clients, and do you thrive under pressure in a busy environment? Do you have a clean full driving licence? Then a position in our property management department could be just the job for you.



To apply call **Ella Fletcher**
01992-785000
or send your CV to:
Kings Lettings LLP,
Crown House,
24-25 Turners Hill,
Cheshunt, Herts EN8 8NJ.

email: ella.fletcher@kings-group.net

BECOME A TOP SALES NEGOTIATOR

Role to include arranging viewings, calling applicants, negotiating offers, providing feedback to clients and providing a high level of customer service at all times. Experience is not essential as full training will be given. After an initial trial period, you will receive an annual basic salary of up to £15,000 depending on experience, plus commission, incentives and a company vehicle or car allowance, so a full driving licence is essential. By meeting sales targets you can expect to earn up to £30,000.



Come and join our winning team!!
Please email your CV to
roydon.weekes@kings-group.net



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Book an advert today at: **bookanad.com**



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bookanad.com **24/7**

► **Text 24/7** (private bookings only)
82070 Individual items under £100 only*
Start your text with **HARLO** followed by a space
Advert comprising of no more than 20 words.
£1.50 All advertisements are subject to approval.

TRADE ADVERTISING

► **Browse Online**
essexlive.news/directory

► **Book Online**
bookanad.com **24/7**
01992 526666
Monday - Friday: 9am - 5pm

FREE* under £100. When booked online only. Excludes Trade, Wanted, Pets, Property and Motors.
All adverts booked over the phone are chargeable.

Classified

Articles For Sale

Wanted chesterfield sofas and chairs



We collect and pay cash for chesterfield sofas, chairs and footstools
Anything considered
Call Robert on
£1000
07725040930

WANTED FURNITURE WANTED



from one item to a whole house
I will collect and pay cash
For a fast and friendly service
£1 - £1000
Please call Robert on
Tel: 07725040930

Leather settee, armchair and pouffe



In Ivory leather this settee, armchair and pouffe are in very good condition
£250
01277 633829

LAUREL BUSHES

SUPERB QUALITY,
POT GROWN IN HOLLAND.
3ft/4ft.

NOW IS THE TIME TO PLANT FOR
A FAST GROWING EVERGREEN
HEDGE.

(Same price as last year!
£6.50 each)

CM11 1QN AREA

ONLY

£6.50

Tel: 01268 711002
or 07542880771

fridge good working order.
under counter £35 ono
07926958137

Mantle and cast iron fireplace



Mahogany mantle and cast iron
fireplace with tile inserts plus
grate and fire front fret. For
solid fuel.
Size of mantle 130cm wide

£90.00 ono

07710179632
or 01245353870

fridge under counter. good
working order £35 ono
07926958137

DVD's (all brand new, in original packing) Mrs Browns Boys Live 10ur-- £2.50, Guy Martin -- Speed 3 & F1 Special - 2 discs -- £5.00, Monty Python Box Set (Almost everything ever in --) 14 disc set -- £18.00 £0 ovno 9727213300

Compound Saw Hitachi C10FCA cutting disc diameter 255mm motor 1640 Watts 5000rpm. Bevel mitre saw on full height stand with castors. Collection from Great Badlow, Chelmsford. £85.00 07754 972942 or 01245407614

Large Rug Large rectangular rug, black background with five white circles down one side and white swirl on other (looks much nicer than my description). Size 120 x 170 cm £30 ono 01920 821928 or 07967444617

CAST IRON Bar-B-Q Three legged bowl, with grate & grille, all in cast-iron. Dimensions about 12" dia. and 12" tall. BRENTWOOD. £15 01277 223377

old charm cabinet glass fronted cabinet suitable for hifi - books etc. 24in wide x 19in deep x 36in high, slight stain on top. £30.00 ono 01277 264919

Large bevelled mirror Attractive light wood surround mirror with bevel. Size is 108 x 76 cm Very good condition £30 ono 01920 821928 or 07967444617

National Geographic National Geographic magazines for sale from 1971 to 1989, complete with maps & inserts. 50p each. £1 ovno Tel: 07498325797

Captains Chair Dark Red Leather, Excellent condition £50 07368217511 or 07368217564

DVD & BOOK Set Greatest moments of the TT unused (still in original packaging) £6.00 01277213300

GIRL'S CLOTHING, mixed, fit 10-14 yrs incl. fancy dress & school wear, etc. £9.00 07508 474932

life jackets Small, medium and large. All good condition, and varying prices FROM £10 Each. £10 01245400026

Megaphone hand-held Can be heard for miles. Also siren setting. Good condition. Can be tried. £45 01245 400026

HUNTER WELLINGTONS Black, size 7 in very good condition £35 ovno 01277 652018

Tyres x 2 Monza HR7 175/65R 82H Never used. £45 01245400026

Antiques

HONEYCOMB DISH & COVER Inside Earthenware. 8 Inch High, 10 inch Diameter Wicker Bee-Skep & Floral design. BRENTWOOD £50 01277 223377

BRASS SHEATHED COAL BOX On casters, with hinged lid. Has Galvanised Inner. HxLxB = 15 x 20 x 13 inches. BRENTWOOD £33 01277 223377

COAL or COKE DRUM Brass effect circular drum. D x H = 12 x 17 inches. Contains a Galv. inner. Circular Lid. BRENTWOOD £12 01277 223377

Arts & Crafts

Gold leaf imitation 100 leaves per pack, each leaf 140mm x 140mm, free postage £4.00 07754527460

Articles Wanted

WANTED FOOTBALL ITEMS TOP CASH PRICES PAID FOR PRE 1980S MEMORABILIA PROGRAMMES, TICKETS, PRESS PHOTO'S, PIN BADGES, PANINI ALBUMS - ANY CLUBS, COMPETITIONS.

ESPECIALLY BULK LOTS OF ENTIRE COLLECTIONS.

ANY CLUBS FROM PREMIER TO NON LEAGUE

NO BOOKS, VIDEO'S, DVD OR SIGNED ITEMS

Tel: 07930 330485

WANTED OLD CAMERAS Best prices paid for your old photographic equipment.

35mm or Digital Camera, lens Canon, Pentax, Nikon, Olympus, Bronica, Tamron, Minolta, or any other photographic equipment you might think of interest.

Bellows Cameras

Perhaps???

ptturnerphotographics@gmail.com

Tel: 07929 340709

WANTED BICYCLES AND SPARES

Any condition and anything pre 1980 will be considered. Town bikes, Tandems, Shoppers. Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980. ## no mountain bikes please ## Local man will collect and pay cash.

07972 630090

WANTED Brians music world ANY RECORD COLLECTIONS (LPs, SINGLES, EPS, 78s.) ANY

HIFI SYSTEMS (RECORD PLAYERS, SEPARATES) WE WILL COME TO YOU HAVE A LOOK MAKE A OFFER. NO CHERRY PICKING. FOR A FRIENDLY SERVICE CALL SUE OR BRIAN. (SUE: 07943056917) (BRIAN: 07534142506)

01245690062

WANTED MODEL STEAM ENGINES

and petrol engines,

Vintage toys and

model workshops cleared.

Cash paid.

01787 377628 or

07811484124

Blinds/Curtains

Damask Quality Lounge Curtains 2 pairs Quality Turquoise, Silky, Lined, Lounge Curtains & Ties. Drop 82", to fit 2 polished wooden poles and rings length 7ft 8 3/4 over £500 new £79 ono 01245 381020 or 07932 057205

JOHN LEWIS CURTAINS 2 pairs matching Sanderson Dandelion Clock pattern each curtain 66" wide x 84" long, fully lined, hardly used. Ideal doors. Will separate £50 per pair or both pairs £85 01277 652018

CURTAINS beautiful grey curtains with large pale pink motif, triple pleat heading, size 120 inches wide x 55 inches long. Professionally made and fully lined. As new £40 01277 652018 or 07851 254833

CURTAINS 88" wide x 72" long lined. Cream with art deco style pattern, large plum and coffee coloured tulip print, very attractive, eyelet heading, as new. £40 01277 652018

ROMAN BLIND with matching solid pelmet. Pale blue with boating scene. 53" wide (135cms) x 47" drop (120 cms). Professionally made and fully lined, vgc. £35 01277 652018

Sheridan Curtains Brand new unopened pencil pleat 180cm width 137cm drop with tie backs. Fine cotton, washable. Originally £119 £35 01277 824103

NEXT CURTAINS each curtain 90" wide x 90" drop cream/red stripe, fully lined, eyelet headings, very good condition. £40 01277 652018

Net Curtains Assorted Sizes and Styles Drops 49"-51". Widths 5ft-18ft (Romford) £10 07948 318956

ORIGINAL VICTORIAN Antique Curtain Pole, 8ins (20cm) diameter, with finials and rings. £30 01277 652018

Books For Sale

OLD Children's Annuals Thunderbirds 1971, The Victor book for boys 1976, Knockout 1974, Hotspur 1977, Countdown 1973, Tom and Jerry 1971, Trumpton Story Book 1971, The Treasure Annual 1975, Henry Cooper sports spectacular 1975, New Super Book for Boys 1970, Famous Fairy Tales, Hollywood London Film Parade Hardback Annuals. Plus others. All these books are in nice condition. Location Chelmsford. Please Phone (no texts please) first to arrange viewing £30.00 0784073997

National Geographic National Geographic magazines from 1971 to 1989, complete with inserts (maps etc) excellent condition, 50p each £1 ono Tel: 07498325797

Barbie Books set of 12 story books, new condition £10.00 ovno 07510286598

STEAM RAILWAY Magazines 30 issues available 2015 to 2017 £18 01702 231002

Usborne Big Maze book - unused £2.00 07510286598

House Clearance

PAUL'S HOUSE CLEARANCE

Houses, Flats, Garages, Offices etc. Fully Licensed. 7 days a week. Call Paul anytime. **07973 492973**

FOOTBALL PROGRAMMES WANTED

Local collector seeks especially pre-1970 items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections..

01245 358660

WANTED Furniture

We collect and pay cash for furniture
From one item to whole house
Please call Bob on
will pay up to £10000
07725040930

RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP'S, EP'S AND 45's
01279 813400
07881 453435

Bathrooms

Traditional towel radiator



Brand new in original packaging 952mmx479mm Chrome and white

£90 ono

07710179632

or 01245 353870

Bathroom/Cloakroom Suits. Retro style. Two matching suites each including a toilet, cistern, basin and pedestal with floral design. Excellent condition. £80 for pair or each £50 01621 893321 or 07887842073

new p shaped LH white bath 1700mm bath with curved shower screen-front and end panels-fixing kit-pop up waste-all still with PE coverings-buyer collects £99 Tel: 01245 612405

electric shower Made by Triton T80 Pro-fit 8.5kw model sp80000 Brand new and still in box £100 07788190709 or 01245440306

Home Improvement

BARGIN. WHITE EASY OVER RADIATOR SHELF. 3 FEET LONG X 6 INCHES WIDE. AS NEW, REDUCE HEAT LOSS. LOOKS SMART TOO. EASY SLIDE BEHIND TOP OF RADIATOR IDEAL FOR THE COMING WINTER WICKS MADE. £6.00 ono 0751364936 or 07751364936

Classified

Dogs & Pets

DOG WALKER/PET SITTER



I have been caring for dogs for over 30 years. if you need a one off visit or a regular walker please give Anna paws for thought. I look forward to meeting your pooch with cuddles for free.

£12

Tel: 07940 391458

Household Goods

GOOD QUALITY FURNITURE

Coffee table, 43ins by 23ins, yew wood, excellent condition - £140 ono.

Square Table, 20ins by 20ins, yew wood, excellent condition - £40 ono.

Gold mirror, ideal for over a mantelpiece, excellent condition - £20.

01920871023

INDESIT BUILT-UNDER DOUBLE OVEN



Brand New - Never Used Model IDU6340WH in White, Cost 260.99 new but going for just 130 to clear quickly, as it will not fit in planned location. Must be collected from South Woodham Ferrers. Tel: 07768 404861

£130

07768 404861
or 01245325539

Beds/Bedroom

ANTIQUE CHILDREN'S SLEIGH BED

Good condition

Antique pine

Complete with mattress.

£300

Tel: 07971564418

Bedroom Chest of drawers



One 5 drawer unit and two 3 drawer bedside units. All as new, excellent condition. Pacific blue fronts to white finish. W50 x D40 x H85 and small units are H53. Price as for all three units or can sell separately. Hornchurch area.

£190

01708 700467

Bicycles

ELECTRIC BICYCLE FOR SALE

As new

Claud Butler

Originally cost £660

Buyer to collect (Chelmsford area)

£400 ONO

Tel: 01245463736

Mobility (Sales)

RISE AND RECLINE ARMCHAIR

As new, rarely used.

Call after 6pm.

£400

01621869482

Rollator Walking Aid 4
Wheels New upgraded model Rollator with walking stick holder on side. Used only once so in brand new condition. Ultra Light Weight for indoor/outdoors. £95 Ono Tel: 01245 494743

Commode Commode in excellent condition. Walking frame also available £20 01277821149

XFOld Mobility Walker Folds into a compact size which allows for easy storage and transportation. At a low weight of 7.5kg easy to transport. £35 Onno Tel: 07880 665884

Wheelchair Model is Glite Active Sport, colour Blue, excellent condition. £50 Onno Tel: 07880 665884

Garden Furniture

LARGE GAZEBO

3m wide x 5m long X 8ft high.

Windows all around.

Heavy duty and fits 18 people.

Only used twice.

£300

01992523407 or 07803306648

GARDEN CHAIRS. 4 white stackable garden chairs. £8 Ono 01245 355418

Self-serve
and save time

TV/Video/Audio (Sales)

*** VINTAGE HI-FI WANTED ***



Record Players: Garrard Models 301 or 401. Thornes TD 124 or 125, Linn LP12, Voyd or EMT 927 / 930. Transcriptors, or Townshend
Speakers - Large Old: Tannoy, Westrex, Western Electric, Lowther or Vitavox (pre 1960 cinema speakers) or Small/Rodgers, Chartwell monitor speakers
Valve Amplifiers: Quad, Radford, Leak, Westrex or Western Electric. Solid state: Quad, meridian or Lescon

*** RECORD COLLECTIONS ALSO WANTED ***
Modern Jazz, Folk, Progressive Rock, or Blues Considered

Can you help? Cash on Collection

*Please Call Matthew On:

07990 738850

TECHNICS HI FI EQUIPMENT

Graphic Equalizer SH8045

Stereo Cassette Deck RS-A27

CD Player SL-P770

Digital Amplifier SU-V90D

Quartz Tuner ST-G70L

Wharfedale Diamond 9.1 series

Alphason Spiked

Sand Filled Floor Stands

Cables to enable bi-wired Speakers

All in mint condition - one fastidious owner.

£450 Onno

Tel: 01245 323578

or 07775 908811

PURE BUG TOO - DAB radio
Quirky Digital Radio space animal shape, with mains transformer power. Look closely at the transformers earth-pin. Now quite secure. BRENTWOOD £45 01277 223377

Shooting & Fishing

OUTBOARD EXTENSION ARM
Aluminium. Near New. CLOSED 90cm long. MAX ENTH 135cm long. To fit tiller arm of Max. Dia. 40mm. BRENTWOOD £30 01277 223377

Sea Rods and Reels For fishing the Essex Coast for Sole, Whiting, Bass and Skate can be caught on boats Piers and Beaches at the moment. ITEMS FROM £10. £10 01245 400026

Fly Fishermans Waistcoat
20 different size pockets. Good condition. Also Thigh Waders. £20 EACH. £20 01245 400026

32inch goodmans LCD tv
32inch goodmans LCD tv, hdmi, av ports. Remote included. In very good condition. £40 Ono 07557964273

Television Bush 28" Wide-screen Old style tube (not digital) 2 Scarf Connections (Romford) £10 07948 318956

DVD/CD SONY DVP-NS305
DVD/CD player with scarf lead. £10 Ono 01245 355418

Hi Fi Equipment Two Tangent Monitor XS Speakers. Denon UPA-F8 Amp and Denon UT-F8 Stereo Tuner with cables and manuals. £40 Ono 07946190793 or 01277 219082

Television Toshiba slimline television. 24" with Built-in DVD/CD player. With remote and full instructions. £40 01268 544332 or 01268 544332

BOSE SoundDock series II with lightning adapter. £30 Ono 01245 355418

DAB Radio Sainsbury's 'Red' DAB/FM digital portable radio with power lead and manual. No batteries included. Excellent condition. Ring after 7.00pm. £25 Ono 01245 610330

Christmas Trees & Decorations

Christmas display comprising of mountain backdrop, lighted village scene, fir trees, working street lamps, telephone box, hedges, seated figures, children with sledge, musicians, street vendors and many other figures. £40 0774615180

Christmas trees Approx 20 artificial trees for sale-various colours and sizes up to 6ft. Job lot £50 01277821149

Building Materials

TIMBER WOOD

Long pieces of timber.

10ft long, 37 lengths.

£50

01992523407

or 07803306648

MANHOLECOVER & SILL.
CAST IRON cast iron cover and surrounding sill for Man-hole. Imperial dimensions, obviously, BRENTWOOD. £20 01277 223377

hardwood front door
44mm thick with top fan light and door furniture. Good condition £100 07788190709 or 01245440306

slate mantle shelf has moulded edge 108" hall "x63" x1" £45 01245 602434

Caravan & Camping

campervan Windscreen cover Silver Screen fitted insulated windscreen cover to fit Romahome Duo Outlook on Citroen Berlingo chassis. Warm in winter, cool in summer. New, unused. £50 01277 840973

COOLER. Picnic by Ascot. Navy wheeled cooler with attached removable picnic set for 4. Includes plates/cutlery/napkins/glasses/cheeseboard/salt/pepper. £50 01245 355418

Caravan and Trailer parts
Winches with accessories. Good condition. £40 each. £40 01245 400026

Caravan Stabiliser Prop Stands All complete x 4 Good condition. £18 EACH. £18 01245 400026

Clothing

LADIES FOX FUR JACKET

Genuine beautiful fox fur jacket. Immaculate condition.

Size 12-14.

Contact Mike -

£75

07843965425

ITALIAN PURE WOOL SUIT by Mario Barutti, dark blue, double breasted 44" chest, trousers 38" waist/33" length only worn once, excellent condition £95 Onno 01277 652018

LADIES SUIT jacket and skirt by Austin Reed, size 12, dark navy with fleck, never been worn cost £330, price tags still on garments. £75 01277 652018

Nike Hooded Gilet Royal blue, large boys age 12-15 (chest 152-158 cm), very good condition £10 01621 893321 or 07887842007

PURE WOOL SUIT double breasted jacket 44" chest, trousers 40" waist, 32" long by British tailor, Dunn & Co, never worn £75 01277 652018

Ladies Leather Jacket. Tan leather. Size 16. Next. Worn once. £25 Ono 01245 442275

Collectors Items

LEDO "90 GLORIOUS YEARS" MODEL LIMOUSINE TO MARK THE 90TH BIRTHDAY OF HM QUEEN ELIZABETH THE QUEEN MOTHER ON 4TH AUGUST 1990. This was made in the UK in die-cast metal by Lledo. In as new condition and boxed. £4 01438318734

HIP FLASK WITH OFFICIAL DC COMICS BATMAN LOGO 6 Fl. oz. for whisky, brandy, etc. Brand new and unused and in its original packaging. Can deliver. £9 01438318734

Stamps 275 first day covers. Late 1950's to late 1990's. All good condition. Many without addresses on. £100 01277 216075

Fossil Tins 4 new Fossil collectable tins, new, various sizes £5 01268 544332 or 01268 544332

Mobile Phones/Accessories

Android Simfree, 4G Smart-phone, 5 inch HD screen, 3gb Ram, 16gb, dual cameras, slim metal glass body, charger + all original accessories with case and box. Mint Condition. £69 07746100626

Buoyancy and Lifejackets
Babies to Children, all good condition. Don't take a chance when they're messing about on the water! Items FROM £10 EACH. £10 01245 400026

Disability Aids

Mycrolite Mobility Scooter



lightweight, fits most cars, easy fold. Ideal for the shops.

£150.00 Ono

07906 527 883

Publications

38 CHELMSFORD CITY FC programs £4/85 85/86 86/87 seasons, home games, all in very good condition. CM1 postcode, buyer collects please. £10 the lot. James 07939052668

Musical

Mahogany Hi-Fi turntable unit Glass-fronted mahogany Hi-Fi unit, with lift-up lid for a turntable. One shelf for LP storage, and stacking of tuner and amplifiers. Dimensions of unit: 75 cm high / 50 cm wide/ 44 cm deep £25 07715450853 or 07779021731

GUITAR 3/4 size LAUREN Model 50-NT, without 3/4 boxey" sound. Most unusual, I think. An encouraging first instrument. With shoulder strap & case. 590 mm strings. BRENTWOOD £33 01277 223377

GUITAR TANGLEWOOD Full size 650mm width with hard Model TW-60. Nylon net Steel strings. With case. £48 01277 223377

GUITAR - HOHNER Full size Guitar Model HC-60. 650 mm length. With hard case. BRENTWOOD £75 01277 223377

high hat cymbals high hat cymbals £25 01245 602434

Miscellaneous Sales

CANTENY OF CUTLERY
Bestecke Qualitat Seit 1829 Solingen German 70 piece stainless steel cutlery in lovely case. Only used once or twice. An absolute bargain. £90 Onno 01277 652018

NORITAKE LEGENDARY SEANCE bone china dinner/tea ware 45 pieces, includes 3 size plates, bowls, tureen, salt and pepper pots, sauce boat, cups, saucers, teapot, milk and sugar £55 01277 652018

SUMMER CHINTZ Beautiful delicate patterned china tea ware complete 70 pieces all in very good condition includes, teapot, milk jug, sugar bowl, and many more. £50 01277 652018

Winnie the Pooh clock Royal Selangor pewter and wood clock Orig. price £85 Perfect working order Superb condition. Ideal gift. 15cm high by 9cm wide. Collectors piece. £15 01277 824103

JOHNSON "Spirits of Nature" tea ware 40 pieces including teapot, milk jug, sugar bowl, 8 each cups and saucers and more, very attractive and in vgc £40 01277 652018

LIMITED EDITION PRINTS x 2 by Mary Fall Powers (1948-1982) signed in pencil to image, abstract formation, 36" x 29" very sought after prints each £90 01277 652018

VANGO BACKPACK Sherpa 65 Polar model used only once so in vgc. Ideal for travelling £25 Onno 01277 652018

Wine Rack. Holds 30 bottles see Argos page 777. Good condition. £10 Onno 01245 226877

Pet Care

Pet Animal Single Storey Hutch 4ft. W122 x D47 x H92cm. Robust shiplap treated wood construction. Fell roof. Partitioned sleeping/living areas. Heavy duty door bolts. Only 6 months old. Boxed weather proof hutch cover. Excellent nearly new condition. £40 Onno 01277 655272

HAMSTER CAGE Plastic hamster cage. 42cm x 30cm x 26cm. £8 Onno 01245 355418

Pedigree Pets

British Shorthair female Layla is a 6 year old cream Shorthair with dark face / tail / paws. Sad sale due to conditions. She is calm, loving and a companion cat. She loves company. £100 Onno Call Jo on 07879 632 899

Home Furnishing

Display Unit



In excellent condition, 2mtrs in width, top and base unit are separate units. Collect from Brentwood.

£100 Onno

07880665884

Domestic Appliances

NEFF 4 RING GAS HOBB
T2336KNO IN PERFECT WORKING ORDER ONLY 5 YEARS OLD. ALSO HAS SPARE SET OF RACKS AND BURNER CAPS. ONLY REASON FOR SALE CHANGE TO ELECTRIC. BRENTWOOD £35 07421 322346

Hoover Capture Vacuum Cleaner Three years old. Finished in red. Spare bag. In good working order. Buyer collects. £15 Onno 01245 400577

central heating boiler gas made by Viessmann vitodens 100 power flushed and ready to use. Comes with flue £100 07788190709 or 01245440306

Ekco Hostess Trolley with 4 glass dishes and lids plus 2 additional glass dishes and lids. Excellent condition. £60 Onno 01245 226877

Freestanding convection oven hardly used, left over from new fitted kitchen... £50 Onno 07964879272

Bosch Dishwasher. Full size. £25 Onno 01245 442275

Hobbies (Sales)

BEEHIVE (COMMERCIAL TYPE)

With bees and a super. Also with stand

Buyer to collect (Chelmsford area)

£150

Tel: 01245 463736

BEEHIVE (COMMERCIAL TYPE)

With bees and a super

Buyer to collect (Chelmsford area)

£150

Tel: 01245 463736

Classic SCALEXTRIC Track
Classic SCALEXTRIC Track and Accessories to include 11 sets of 2 Straights, 1 Chicane; Power Base; 2 Hand-Controllers; and Power Adaptor.... £12 Onno 07986 386669 or 01245 472171

Fabrics for craft Large selection of fabric offcuts available for crafts. Prices from 50p or by yardage. Please contact for viewing. Price up to £5 01277 223377

BOAT BENCHES 3off Blue 45x16cm. 10ff Blue 40x14cm. 5off Blue 35x9cm 3off Blue Teardrop 30x 19cm BRENTWOOD. Each £3 01277 223377

MOORING WARP 21m hank of 10mm Dia. Nelson look-alike PolyProp. Including black thread. BRENTWOOD £6 01277 223377

Tools/DIY

DARK STAINED INTERNAL DOOR 15 (3 x 5) panes of Flemish glass. Size 27 7/8 x 18 3/8 inches thick. Handles, no Hinges. Recess for ball-catch & double door lock-up. £15 01277 223377

2nd CHAIN for that Chainsaw You've bought the saw, and now I've found it's 2nd chain. It's your's for free. Collect it at any time. BRENTWOOD. Net £1 01277 223377

Cordless Screwdriver Black & Decker KC9036K with charger, case and accessories. Straight or angled handle. Never used. £10 Onno 01245 610330

aluminum ladder

Classified

Furniture

Dining Table and Chairs

Great quality Table and chair set. Solid wooden table with iron legs. Four chairs with iron pattern on back. Used condition, a few scratches on the table top and chairs. Nothing too noticeable.
£130 ono
07817736270

NEARLY NEW 3 & 2 SEATER SOFAS WITH ARMCHAIR

Immaculate condition. Grey/brown with tartan and stag pillows. Large 3 seater and 2 seater sofas and wing back chair. Very comfortable.
£700 ono
Tel: 07768 362003

SOLID OAK FURNITURE

Coffee table, large bookcase, nest of 3 tables and TV unit. Some scratches on tv unit where tv sits. TV stand will cover. Coffee table 60, bookcase 60, nest of tables 40 tv unit 40
£200 ovno
Tel: 07768 362003

DINING TABLE AND 4 CHAIRS (YEW)

In excellent condition. Please call Ray
£75 ono
Tel: 01376 332083

G Plan Teak Double Wall Unit includes drinks cabinet with folding doors, lighting, glass display shelves and two cupboards. W5' H5'10" D21" Excellent condition. Buyer collects. £80 01621 893321 or 07887842073

Wall Unit, G Plan, Teak, includes lighting, glass display shelves and two drawers. Width 2'6" Height 5'10" Depth 21". Excellent condition. Buyer collects. £50 01621 893321 or 07887842073

Bed/settee Pine day-bed with mattress and three large back cushions, with pull out full length bed space/storage L 204cm W 86cm H 78cm. Vgc. £85 01245 465395

Retro Formica Cabinet White & Teak effect; 2 glass doors & interior light; fold down door; shelf; 2 cupboards, 3 drawers W60" H52" D16" on castors (Romford) £20 07948 318956

UTILITY SIDEBOARD 1940's approximately 4'6" wide x 33" high x 19" deep medium coloured, four drawers and two cupboards with shelves. £25 ovno 01277 652018

Lounge suite Red leather look sofa-large and matching arm chair. Excellent condition. Delivery could be arranged £80 01277 821149

Parker Knoll Occasional chair. Ideal bedroom. Square back, removable seat in beige, grey and pink muted pastels. VGC £15 ovno 01277821149

sofa & armchairs 3 seater sofa & 2 armchairs in light beige material very good condition £100 ovno 01920870720 or 07801151096

Table & chairs G-Plan Garrick mahogany round extending dining table & 4 x velvet chairs (2 x standard & 2 x carvers), vgc £60 07804960116

CABINET TV cabinet for TV/ DVD/sky, silver grey with glass doors. 69cm x 46 cm. £10 ono 01245 355418

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Barbie fountain swimming pool with slide good condition £10.00 07510286598

Barbie two singing dolls one pink one blue dress, good condition, will sell singly £10.00 07510286598

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Man's Bicycle Halfords Apollo Prodigy 21" Brand new tyres. Shockwave suspension. Good working order £40 ono 01277821149

Sports & Leisure (Sales)

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Public Notices

Essex County Council

(Footpath 74, Harlow (Sadlers Footcrossing) and Footpath 44, Roydon/Footpath 78, Harlow (Wildes Footcrossing), Districts for Harlow/Epping Forest) (Temporary Prohibition of Use) Order 2018

Notice is hereby given that the Essex County Council has made above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Footpath 74, Harlow (Sadlers Footcrossing) and Footpath 44, Roydon/Footpath 78, Harlow (Wildes Footcrossing) in the District of Harlow and Epping Forest, for a distance of approximately 10 metres either side of the centre of the footcrossings over the railway tracks.

The closures are scheduled to commence at 23:00h on 27 October 2018 to 13:00h on 28 October 2018, 23:00h on 3 November 2018 23:00 to 13:00h on 4 November 2018 and 23:00h on 2 February 2019 to 13:00h on 3 February 2019, and are required for the safety of the public while Network Rail undertake essential ballast cleaning works.

The Order will come into effect on 27 October 2018 and may continue in force for 6 months or until the works have been completed, whichever is the earlier.

(Footpath 166 & 168, Harlow) (Temporary Prohibition of Use) Order 2018

Notice is hereby given that the above Order made by Essex County Council, under s14 of the Road Traffic Regulation Act 1984, has been continued in force with the consent of the Secretary of State for the Department for Transport until 23 December 2018.

Effect of the order: To temporarily close that length of Footpath 166 & 168, Harlow, in the District of Harlow as specified:

Footpath	Description	Alternative route
Footpath 166, Harlow	From its junction with London Road, east for a distance of 800 metres to its junction with footpath 162.	London Road, B183 Gilden Way, Footpath 162 and vice versa.
Footpath 168, Harlow	From its junction with Gilden Way, south to its junction with The Chase, Approximately 1200 metres.	Gilden Way, London Road, The Chase and vice versa.

The Order came into effect on 23rd April 2018 and is required for the safety of the public and workforce while construction of new drainage works are undertaken.

Dated: 25 October 2018

Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH.

Telephone: 0345 603 7631

Website: www.essex.gov.uk/highways

TOWN AND COUNTRY PLANNING ACT 1990
PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
Planning (Listed Buildings and Conservation Areas) Regulations 1990
Town and Country Planning (Development Plans and Consultation) Directions 1992
PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG on Monday - Friday, 9am - 4:45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No: HW/TP/18/10057 **Ward:** Old Harlow
Application Type: Works To Trees in a Conservation Area
Location: 36 High Street Harlow Essex CM17 0DW
Proposal: 2 No. Yew Trees - Remove

Reason for Advert: Tree Works Within a Conservation Area
Application No: HW/TP/18/10055 **Ward:** Netteswell
Application Type: Works To Trees in a Conservation Area
Location: 4 Rushmead Villas Harlow Essex CM20 2QE
Proposal: T1 Weeping Willow - Prune Regeneration to Reduce Crown to Previous Pollard Points. T2 Lawson's Cypress - Remove Fractured, Hanging Stem and Reduce Remainder of Tree by 2.5 m to Re-Balance Crown.

Reason for Advert: Tree Works Within a Conservation Area
Application No: HW/FUL/18/00463 **Ward:** Summers And Kingsmoor
Application Type: Full Application
Location: 45 Summers Farm Close Harlow Essex CM19 5SL
Proposal: Change of Use from Offices to Four One Bed Flats, Linking with Existing Care Home, Internal Alterations and Refurbishment

Reason for Advert: Harlow District Council Application and Listed Building
Application No: HW/REMVAR/18/00460 **Ward:** Old Harlow
Application Type: Removal or Variation of Condition
Location: Gilden Park Gilden Way Harlow Essex
Proposal: Application for Variation of Condition 18 of Outline Planning Permission HW/PL/15/00142

Reason for Advert: Major Development Which Affects The Setting of A Conservation Area and Is of Local Public Interest

LICENSING ACT 2003 NOTICE OF APPLICATION TO VARY A PREMISES LICENCE UNDER SECTION 34

Notice is hereby given that on the 18th October 2018 **Asda Stores Limited** applied to Harlow District Council for a variation of the Premises Licence in respect of premises **Asda**, Water Gardens, South Gate, Harlow CM20 1AN. The proposed variation is:- 1. To vary the hours for the sale by retail of alcohol and opening to 00.00 to 24.00 hours Monday to Sunday. 2. To vary the hours for late night refreshment to 23.00 to 05.00 hours Monday to Sunday. Any representations by a responsible authority or any other person regarding this application must be received in writing by:- Licensing Authority, Harlow District Council, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG no later than 15th November 2018 stating the grounds for representations. The register of Harlow District Council the record of the application may be inspected at the above address between the hours of 10.00 and 16.00 Monday to Friday except public holidays; Website www.harlow.gov.uk/licensing It is an offence knowingly or recklessly to make a false statement in connection with an application. The fine for which a person is liable on summary conviction for the offence is unlimited.

MARGERY ANN CROYDON (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 134 Rectory Wood Harlow Essex CM20 1RQ, who died on 24/08/2018, are required to send particulars thereof in writing to the undersigned Solicitors on or before 04/01/2019, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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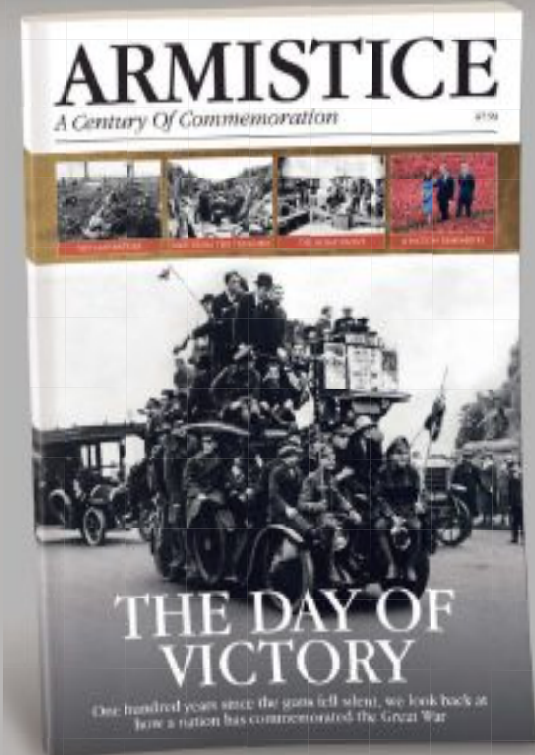


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female seeking

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CAROL 50yr old petite honest, caring female who enjoys male companionship WLTW likeminded guy for a round of golf, romantic meal and weekend away. **Tel No: 0906 515 4456 Box No: 432695**

ANNA 53yrs, attractive blonde lady, with lovely curves. Seeking man any age for no strings discreet fun. South West area but currently working in Liverpool. **Tel: 0906 515 3040 Box: 429721**

JULIETTE seeks her Romeo! Romantic, outgoing, feminine, beauty looking for passionate attentive male who will make me feel special. **Tel No: 0906 515 4456 Box No: 432671**

TINA, pretty Asian lady. 32yrs. Lives at home & works in family business. Hoping to meet a kindly older man who is understanding of her situation. **Text only. Box: 4125494**

LADY, seeking a trustworthy, charismatic, sensitive, attractive, semi retired or retired affluent man, who knows how to treat this attractive, independent woman, who has lots of free time on her hands to spend with the right person. If you feel like you could be my soul mate then get back to me. **Tel No: 0906 515 4456 Box No: 432131**

JULIE, strict lady who suffers no fools. 51yrs, blonde, larger build with own home. Demands that a man who knows his place in life calls her today. **Text Only. Box: 4130844**

GWEN, 41yrs blue eyed brunette, recently new to the market and looking for some male attention, 35-50yrs. Status unimportant. **Tel No: 0906 515 4456 Box No: 432643**

JACQUELINE, sophisticated solvent professional lady, 42yrs, looking for some fun with down to earth working class gent, any age. **Text Only. Box: 4114596**

LOUISE 48yrs, divorcee, looking for fun times with likeminded male who likes to have good times in or out. Status/looks unimportant. **Tel No: 0906 515 4456 Box No: 432587**

PASSIVE kindly lady, 48yrs. Blonde, green eyes, smartly dressed. Hoping to meet a strong minded older man to respect. **Text Only. Box: 4018047**

ANGELA, 48yrs, seeks no strings casual fun. I have my own house, car and am solvent. I'm busy with a firm figure. You must be open minded, age/status unimportant. Lives in South East but travels countrywide with work. **Tel: 0906 515 3012 Box: 427633**

GEMMA, 40s, curvy brunette who loves life and living it to the full, looking for kind heart male to share fun, laughter, love and lots of good times. **Tel No: 0906 515 4456 Box No: 432447**

MARK, 56, 5ft8, blue eyes, not bad looking, divorced, GSOH, adventurous, easy-going, genuine, looking for a down-to-earth lady, 50-62, someone open-minded and genuine who likes a laugh and joke. **Tel No: 0906 515 4456 Box No: 432563**

JIM, 57, 6ft11, blue eyes, N/S, looking for a white woman, N/S, any age, for romance, relationship and good times together. **Tel No: 0906 515 4456 Box No: 432553**

HUGE black, British born male, five foot eleven, semi pro body builder, extremely good looking with a vibrant and winning personality. Get in touch and I'll send you a pic! **Tel No: 0906 515 4456 Box No: 420155**

HANDSOME good looking white male, I teach hot yoga but I am looking for a hot date. I am physically fit, call me if you want to get in touch. **Tel No: 0906 515 4456 Box No: 420157**

SEAN, outgoing, considerate, likes swimming, going out for meals, day trips, enjoying life seeks lady 18+ for friendship/possible relationship. **Tel No: 0906 515 4456 Box No: 430723**

GERRY, good looking black guy, 45, married, looking for a white married lady of similar age, for texting fun and laughter and possible occasional meets. Please get in contact you won't be disappointed. **Tel No: 0906 515 4456 Box No: 432327**

BLACK man, 30s, looking for a genuine and honest lady for friendship and maybe more. White or Asian, 29 to 40 years old. Get in touch. Text only replies. Mailbox: 6449130

BUILDER, 48, tall, good-looking, GSOH, kind and considerate, easy going, seeks female. **Tel No: 0906 515 4456 Box No: 432285**

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MALE, 70, bi-sexual, N/S, wishes to meet a similar male, for fun and friendship. **ACA. Tel No: 0906 515 4456 Box No: 432317**

TREVOR, 29yrs & bi curious. **Text Only. Box 4159305**

BISEXUAL male, 56, 5ft8, white, tattoos, looking to meet a black guy, 40-50, for fun and regular meets. Give me a call. **Barking. Tel No: 0906 515 4456 Box No: 432565**

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KERRY, professional lady, own house, car etc. Well groomed and educated. I am just missing that special someone. I am 42yrs but do love the company of an older gentleman. **Text Only. Box: 4000471**

JAYNE, professional lady, 46yrs. Lonely and missing romance and private moments. Hoping to meet a like minded gent of any age. **Text Only. Box: 4063214**

GILLY green eyed, red haired nurse looking to start a new life with similar lonely male, also looking for genuine love. **Tel No: 0906 515 4456 Box No: 432545**

AMANDA, 36yrs, attractive lady. Solvent and well educated and spoken. Hoping to meet a broadminded gent, any age for discreet relationship. I don't mind if you are married or single. Midlands but can travel. **Tel: 0906 515 3032 Box: 429287**

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HARLOW YOUNGSTERS SHINE IN COLCHESTER COMPETITION



Members of
Harlow
Gymnastics Club
with their medals

Gymnasts dazzle at Gems challenge

Hawks are hammered

EMBATTLED Harlow Town manager Danny Chapman saw his side slump to a humiliating 7-0 defeat at the hands of Kingstonian on Saturday.

Goals from David Fitzpatrick (7min), Louie Theophanous (ten and 27), a Josh Bexon own goal(36), Alfie Doughty (50 and 65) and Elliott Buchanan (84) consigned the Hawks to one of their heaviest losses in recent times.

Defender Taylor Hastings tweeted: "We as players must take the responsibility, there is no-one else to blame for that today!!! That's not good enough and have let management, fans and the club down. I'm embarrassed. I apologise to all that came @HarlowTownFC".

And it didn't get any better on Tuesday night, as Hawks registered their eighth straight home defeat, losing 1-0 to Brightlingsea Regent, with Matthew Baxter netting the 76th minute winner.

Harlow are joint bottom of the Bostik League Premier Division table with Burgess Hill Town.

The Hawks have signed St Albans defender Harold Joseph.

Meanwhile, midfielder Jason Raad has left the club to join Bostik North side Aveley. He made 14 appearances scoring three goals.

THERE were plenty of sparkling jewels in the Harlow Gymnastics Club team as they collected an impressive haul of medals at the DGA Gems challenge in Colchester.

Gymnasts from London, Essex, Hertfordshire and Buckinghamshire entered the tournament where Emerald was the top level followed by Amethyst, Amber and Topaz.

The top four gymnasts were awarded medals for each discipline in addition to an overall trophy at each category.

Larni Shulton, Sylvie Rowe and Genna Lee won first place trophies for the club in their respective competitions, with Genna earning the highest score in the entire challenge.

Silver medals on bars, beam and tumble as well as fourth for range and conditioning (R&C) was good enough to give Larni first overall in the Emerald 2005-2000 event. Team-mate Holly Montague was seventh overall.

Summer Dolan shone in the Emerald 2009-2008 event, winning

silver on vault and bar, bronze on tumble and R&C, and fourth on trampette to finish third overall.

Honey Gillick placed fourth overall after taking bronze on vault and trampette, and fourth on beam and tumble.

Grace Hoskin took fifth overall after receiving silver on beam and bronze on R&C.

Amelia Palmer won silver on beam, Connie Allen received silver on trampette and Ruby Barker picked up bronze on bars.

Daisy Dove finished seventh overall after winning bronze on beam, with team-mate Louisa Akers 11th overall and receiving silver for tumble in the Amethyst age 2004-2001 event.

In the Amethyst age 2010-2009 competition, Emily Forey was fourth overall after taking bronze for bars and trampette.

Eliza Swanepoel took overall bronze in the 2007-2008 event after finishing third on bars, beam, and tumble as well as fourth for R&C.

Chloe-Anne Wenz received the bronze medal on vault to finish 11th overall in the Amethyst age 2006-2005 event.

In the Amber 2010 competition Lola Manuel received bronze medals for vault and tumble to finish sixth overall. Lola Mccart-Greaves, Milli Battelley, Olivia Palmer and Laura Wator placed seventh, ninth, tenth and 11th overall in the Amber 2012-2011 event, with Olivia also earning fourth place on tumble.

The Amber 2007 age group saw Yasmine Thong take fourth on tumble and ninth overall, with Lucie McIntyre 18th overall.

Calleigh Brownjohn was fourth on trampette to finish seventh overall, while Syndi Barker collected silver for tumble and was fourth on bars, to finish 13 overall in the age 2009-2008 Amber competition.

Shining in the Topaz age 2010 event, Sylvie Rowe placed first overall after winning gold on vault, beam and tumble as well as bronze on trampette.

Nina Robinson was eighth overall after taking silver on bars and finishing fourth in R&C, with team-mate Lilia Bown 12th overall in the same event.

Competing in the Topaz age 2009 category, Mia Taruvunga was 13th overall and won bronze for trampette.

Genna sparkled in the Topaz age 2012-2011 by placing first overall after winning gold on bars, beam, trampette and R&C, as well as silver on vault and tumble.

Renee Firth-Moon was fourth overall and won silver for R&C and bronze for vault, tumble and trampette.

Darcey Fallis, Layla Clark and Millie Allen placed sixth, seventh and eighth overall, with Darcey also taking silver for trampette, Layla placing fourth on bars and Millie taking fourth on trampette.

In addition to the club winning more than 60 club medals, Summer and Calleigh also received awards for artistic impression.

Bronze for Owen at maiden Pre-Cadets international

HARLOW Judo Club's Owen Lambert came home with a bronze medal after competing in his first international Pre-Cadets competition having been selected to be part of the regional development squad (REDS).

The 13-year-old travelled with the team overnight to Nijmegen in the Netherlands to take part in the International Open Nijmeegs Kampioenschap Judo, which was then followed by a training session before returning back to the UK.

Dutch players were out in force but so too were the French, Swiss and Austrians.

The event took place over eight mats and proved to be a very successful event for the small group of REDS coaches and youngsters, aged between



Harlow Judo Club's
Owen Lambert

12 and 15.

The squad came away with a bumper haul of medals, with Owen picking up a hard-earned bronze.

After starting well and winning his first two fights, Owen lost his next one and was out of contention for gold.

However, he fought back and won the remaining four rounds, displaying strong judo throughout his contests, some of them lasting just a few seconds.

The standard of judo was extremely high at this competition and the REDS squad did not disappoint.

While some of the team didn't medal, they did come away with valuable experience and for many of them, it was their first international competition.

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